

## School-based Physical Activities

# Jumping In and Out



Level  
K1-K3

### Objectives

1. Improve cardiopulmonary functions and muscle endurance of lower limbs
2. Improve balance and concentration



### Game Rules

- ① The children form a straight line or a semicircle
- ② The teacher gives commands (like “jump forward”)
- ③ The children do the corresponding moves
- ④ A wrong move results in elimination
- ⑤ Those who aren't eliminated within the time limit win

### Modifications

1. Involve multiple movements
2. Do the exact opposite