

School-based Physical Activities

Jumping Claw

Level
K2-K3



Equipment



Plush toy



Plastic basket

Objectives

1. Enhance muscle endurance and strength of lower limbs
2. Improve balance and whole-body coordination

Modifications

1. Increase the distance
2. Add obstacles
3. Set a time limit



Game Rules

- ① Place the plush toy at the starting point
- ② Place the plastic basket at the finish line
- ③ Grip the plush toy tightly between the feet, hop towards the finish line
- ④ Sit down and drop the plush toy into the plastic basket with both feet