



## Jumping: Box Jumps

### Equipment:

Box step.

### Set-up:

Place the box steps parallel to one another approximately 3 feet apart.

### Description:

Students will compete to perform a set number of box jumps and beat their opponents. Leg strength, explosiveness, speed, co-ordination, and timing are a few of the physical qualities being tested here.

### Instructions:

Have each person straddle the box step to get set to begin. They will proceed to jump onto the box, landing on both feet. From here they will jump down into the starting position. Repeat until desired number is achieved. A race to 20 is a good challenge for the students.

### Scoring:

Student that wins the most match-ups scores 3, runner-up scores 4, and all others in group score a 5.

