



Jumping: Split Jumps

Equipment:

N/A

Set-up:

N/A

Description:

Each student will perform 20 split jumps as quickly as they can without losing form. Leg strength, co-ordination, and timing are key.

Instructions:

Start in a lunge position. From here, jump and land in a lunge with the opposing foot in front. It should mirror the motion of a cross-country skier. Students are trying to get to 20 split jumps before their opponents.

Scoring:

The first person to 20 will score a 3, runner-up scores a 4, all others in the group score 5.

