



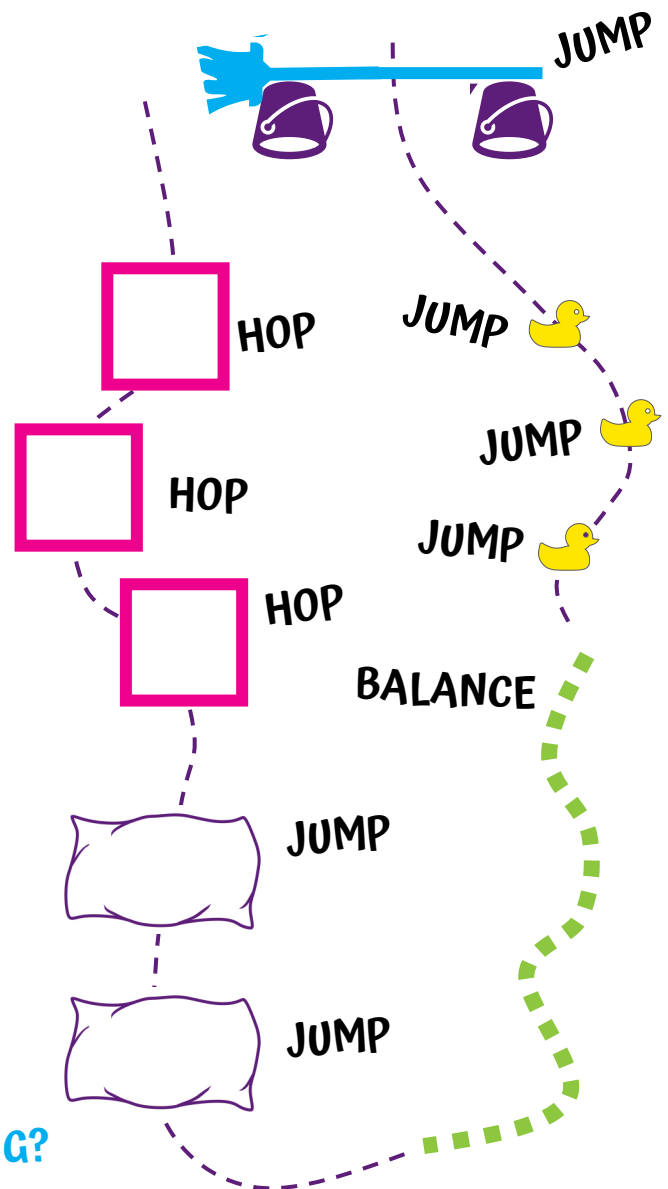
BUILD YOUR OWN JUMPING OBSTACLE COURSE IN YOUR BACKYARD OR LIVING ROOM

Here are some ideas of things you could find around your house to put in your course:

- | | |
|----------------|---------------------|
| Pillows | Rope |
| Toys | Pots/buckets |
| Tape | Broom |

Here are some tips to help you:

- ✔ Take off – Swing and spring
- ✔ In the air – reach for a star and pull it down
- ✔ Landing – land like you're on a motorbike, knees bent, arms forward



HOW GOOD WERE YOU AT JUMPING?

Colour the stars

