

TEAM GAMES



Jump Ladder



You will need:

- A large space

How to Play:

- Divide the group into even teams
- All teams line up behind the starting line
- The first player of each team leaps as far as possible, landing on 2 feet and marking the spot where their heels landed.
- The second player in each team then stands with their toes to the previous players heel mark.
- They then jump and mark their heel spot, and the game continues until all players have had their turn.
- If any player falls backwards while jumping, then the most backward mark on the ground becomes the next players starting point.
- The team that jumps the furthest is the winner.

