

Get up & Q.O/

How to play

This game can be played indoors or outdoors.

You can play by yourself or with a group.

Draw a line on the ground.

Stand behind the line and jump forward as far as you can.

Place a marker where you land.

Repeat to see if you can jump further and beat your last distance.

Equipment

Chalk, markers like twigs or cloths to measure how far you ve jumped.

Standing long jump

Group games and activities can only be played with people you live with.

Follow current Coronavirus guidelines at all times.