

PACO'S FAVORITE WAYS TO JUMP!

If you don't have a trampoline to get jumping, just grab some tape and find a safe open area to enjoy some fun activities that are sure to get you airborne!

WHAT YOU NEED:

- A safe open space
- A roll of painter's tape, or masking tape
- Lots of good energy
- Someone to play with (optional)



WHAT TO DO:

First, tear off about 2 feet of tape for your first line marker. Next, tear off the same size piece of tape five more times so you have SIX pieces of tape. Then, place the six pieces of tape about one foot apart along the floor of your safe space. And now, pick one, two, or all of Paco's favorite jumping games and get moving!

1. Simply JUMP from line to line. Can you make it back and forth in 10 jumps?

2. JUMP backward! Same as number 1, just jump backward! How many jumps did it take?

3. Try to JUMP on one foot from line to line! How is your balance?

4. How far can you REACH? Start by standing on the first line and then reach over to touch the next line with your hands. Now walk forward with your hands. How far can you reach?

5. How LONG are you? Measure yourself! Just lay down with your feet on the first line to see how long you are.

WHICH ACTIVITY DO YOU LIKE MOST? 1, 2, 3, 4, OR 5?