

STICKS

READY

EQUIPMENT:

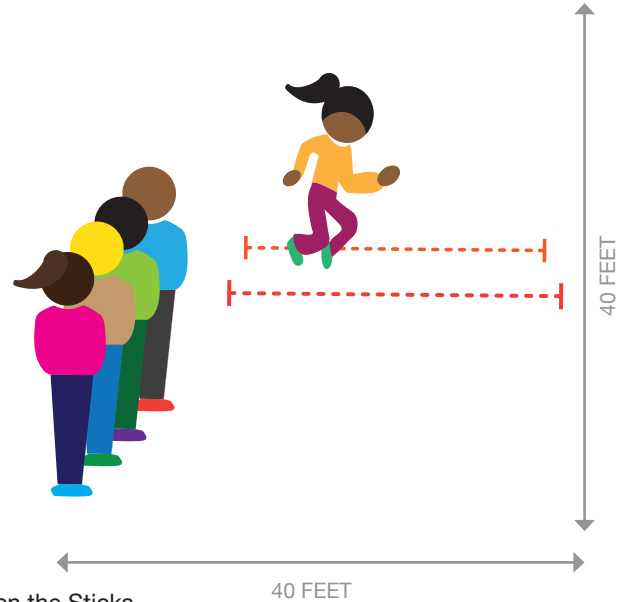
CONES OR TAPE

SET-UP:

PLAYERS FORM A LINE

NUMBER OF PLAYERS: 10+

TIME: 10+ MINUTES



EXPLAIN

- 1 Make two lines and stand 6ft away from each other.
- 2 There are two sticks or two rows of cones on the ground.
- 3 You must land on the other side without putting your foot down between the Sticks.
- 4 After each jump go to the end of the line keeping your distance from the person standing in front of you.
- 5 Each round the gap between the 2 Sticks will get wider.

✓ **For Understanding:**

- *What happens to the Sticks after each round?*
- *Where do you go after you jump?*

GAME TIP:

- For wider gaps, allow students to take a step or put their foot down between the sticks.

CONFLICT RESOLUTION TIP:

- Players can keep playing if they cannot make the jump between the Sticks

INDOOR TIP:

- Have more than 1 game going to decrease waiting time.

CATEGORY:

JUMP ROPE

ENVIRONMENT:

AUDITORIUM,
 CAFETERIA,
 HALLWAY,
 GYMNASIUM,
 PLAYGROUND

GRADES:

K-8

FITNESS FOCUS:



BACK-UP GAMES:

RIVERBANK
 HIGH WIRE

PLAY → REP IT OUT!

- **EASY:** Keep the gap small.
- **MEDIUM:** Make three rows of cones.
- **HARD:** Use four rows of cones.