



#Virtualjump Event Ideas and Activities

The following are helpful tips you can use when planning your Jump Event:

Make it fun and pump it up! Play music during your activity to promote movement and generate excitement.

Take a Jump Event photo: Encourage all participants to wear **red** for #virtualjump and take a photo and videos of their activities. Share them on social media using the #virtualjump.

Suggested Activities for All Age Groups that don't involve a skipping rope:

Musical jump: Kids jump while music is playing and freeze when it pauses.

Activity dice or flash cards: Jot down a unique physical activity for each number on a pair of dice (or a single die) or even create flash cards. Activities could include jumping jacks, number of skips in a row, hopping on one foot, crab walk, push-ups, sit-ups, dancing or stretching. Parents call out the activity that is rolled on the dice or comes up on each flash card for kids to do

Hula Hoop activities: How long can you keep it swinging? How many times can you jump using it instead of a skipping rope

Animal hop (for little ones): kids imitating different types of animal jumps or movement

Hopscotch: Using sidewalk chalk, draw a few hopscotch boards on a paved area. Be as creative as you like, adding numbers, colours or pictures. Give students instructions about what to jump on. For example:

- o *Jump on primary colours only*
- o *Jump on every other square*
- o *Jump on odd numbers only*
- o *Jump on all the squares with only your left foot*

Simon Says: Incorporate heart-pumping activities, like Simon says “do 10 jumping Jacks” or “do 10 sit ups”



Bingo: Draft up a bingo card and have different fitness challenges on each square. Every day the teacher picks one. First student to get the assignment (a line, two lines, four squares, a x) wins.

Play games: Play games like tag, hide and seek and musical chairs

Obstacle Course: Set up your own indoor or outdoor obstacle course

Treasure Hunt: Find hidden treasures, inside and out. If holding inside look for household items, stuffed animals, favorite books or photographs. If holding outdoors why not turn a nature walk or neighborhood walk into a fun adventure by looking for certain items or landmarks.

Walking, Biking or Running as a family

Online Fitness Classes: Take an online fitness class as a family. Try Zumba, yoga or CrossFit

Dance Party: Crank up the music and have a family dance party.

Tik Tok: Create a family tik tok video

Mural Making/Coloring: Create a mural or heart healthy activities, foods and habits to hang at home. You can download materials from our Heart healthy kids at home found here www.hskids.ca/hsk-at-home.

Activities with a Skipping Rope:

Jumping over ropes: Participants jump back and forth over a rope placed on the ground or jump from side to side from one end of the rope to the other.

Jump-scotch: Ropes are placed on the ground to outline an area into which children can toss an object and jump on vacant spaces to retrieve it.

Free skip: Skip and try new tricks or see count how many times you can skip without stopping.

Snake (K-Grade 2): Lay a long rope on the ground and have participants stand on either side of the rope. Have two family members hold the rope close to the ground while moving it back and forth so it ripples from side to side like a snake. Young children can jump over the rope and try not to let their feet be touched by the “snake”.



Around the world: One person stands in the middle and spins the rope in a circle across the ground. The other people must anticipate and jump over the rope as it passes them by. The object is not to touch the spinning rope.

Skipping rope or broomstick limbo: With two participants holding the ropes on opposing sides, folks will lineup and go under the rope without ANY body parts touching the ropes as they go underneath. Once a body part touches the rope, the person is automatically eliminated. Once everyone in the line has tried going underneath the rope, lower the rope to increase the challenge. The last person who completes the challenge wins!