Berkshire Active Virtual Games 2021 Fitness Frenzy

Challenge 3- Scissor Jumps

Teacher Guidance link

<https://getberkshireactive.org/uploads/ks2-fitness-frenzy-guidance-and-challenges.pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-25.pdf>

EQUIPMENT

1 Ball

TO PLAY

Stand, holding a ball, with 1 foot in front of the line and the other foot behind the line (straddling the line). Then jump and swap feet over the line. Repeat.

TOP TIPS

Create a Rhythm.

Get a family member to time you and count your scissor jumps.

You can use a cushion/pillow instead of a ball.

SCORING

Complete as many jumps as many times as possible in 60 seconds. 1 point for every jump.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=ACf9guXyakY&feature=youtu.be>