

HAMPSHIRE SCHOOL GAMES

DAILY CHALLENGE



Wk2 'Move It Monday': Skateboarding 'Hippie Jump'



- You will need: chalk, tape or something to create a shape on the floor
- Make a shape of a 'skateboard' approximately 35cm x 20cm on the floor
- Stand with you two feet on your 'skateboard' and jump in the air with both feet at the same time, landing back on your 'skateboard'.
- How many 'Hippie Jumps' can you do in 1 minute?

Why don't you make it more challenging and include a 'half turn'!