



Tick once completed!

MEGA ACTIV

HOME OLYMPICS - DAY 2



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Athletes - Any number!
Equipment - Measuring tape & blu tack!
Space - Anywhere, any size!

Day 2 - High Jump

1. Establish your jumping area by choosing a wall to mark your jumps; ideally an outside wall!
2. Athletes take it in turns to jump up the wall, as high as they possibly can, from a standing position.
3. Before jumping, the other athletes must put a mark on the wall with blu tack just above the athletes head. When the athlete jumps, they must tap the wall at the highest point they can reach. The other athletes mark where they reached with another piece of blu tack. They then measure the distance between the 2 marks and record their score.
4. The athletes each have 1 jump and record their first score. Each athlete then has 2 more jumps to try and improve their score by trying to jump higher.
5. The athlete with the biggest score after everyone has had 3 attempts, is the winner!

GAME BOOSTS

Make sure you set a new head mark for each athlete on their turn to make sure it is fair!

Have more than 3 attempts!

HIGHEST JUMP - Combine each athletes 3 jumps together and give them an individual highest jump score!

