



Tick once completed!

MEGA ACTIV

HOME OLYMPICS - DAY 3



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

Day 3 - Triple Jump

1. Establish your jumping area by marking a jumping line on the floor to show where the athletes must jump from.
2. Athletes take it in turns to perform a hop, step, jump from the line, as far as they possibly can, from a standing position.
3. The other athletes must then measure from the front of the line to the heel of the jumper and record their score. If an athlete does not successfully complete the hop, step, jump (in that order!) then the jump does not count. They must land on 2 feet and hold their landing position until it has been measured.
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 further.
5. The athlete with the furthest jump after everyone has had 3 attempts, is the winner!

GAME BOOSTS

Have different jumping lines for different ages e.g. younger athletes are further forward to make it fair!

Have more than 3 attempts!

LONGEST TRIPLE JUMP - Combine each athletes 3 jumps together and give them an individual longest jump score!

