

Popcorn Jumping

Students imagine they are popcorn in a pot that is being cooked. Challenge students to 'pop' (jump) around the playing area to cook the popcorn.

Can you "pop" from:

- Two feet to two feet
- Two feet to one foot
- One foot to one foot (Jump and land on same foot)
- One foot to one foot (Jump and land on opposite foot)
- One foot to two feet
- Star jump - jump, make star shape in air and land
- Tuck jump - jump bringing knees up high to belly and land