

Outdoors and Active

Top Ten Ways To **BOING!** This Weekend

1. **Bounce**, feet together, from paving slab to paving slab on the way to the shops or the park. How far can you bounce? Mind you don't land on the cracks!
2. Teach your child to jump and land safely: find a low wall or bench with a smooth surface below it, and jump off. **Bending** the knees on landing absorbs some of the impact and protects children's ankles. Build up the height of the jumps as children become more confident.
3. Lift smaller children up in your arms; **swing** them around; bounce them on your knee – use rhymes and songs to maintain a rhythm.
4. Draw a hopscotch onto the ground and **hop**, skip and jump up and down along it. Children could also **crouch and spring** along the hopscotch.
5. Try Olympic long **jumping** into a sandpit, a pile of cushions or a mud patch.
6. Bounce on a trampoline, **bouncy** slide or castle (or maybe just the bed?)
7. Find a flight of steps and **leap** from the lowest step – then from the next step up, then the next one. How far do you dare to leap?
8. Create an obstacle course on walking journeys – over the bench, around the bus stop sign, along the wall, in and out of the bollards, up and down steps and **round and round** the revolving door!
9. **Skipping** is great for children's co-ordination and balance. Get together with friends and try 'French' skipping elastics or 'Double Dutch' skipping with one long rope.
10. Jump in **every puddle** you find.

Boing Whoosh RolyPoly was devised by Jasmine Pasch – Boing is about moving up and down.