Tape Lines

Equipment:
- Tape
- Measuring device (measuring tape, ruler, etc.)

Skill Emphasized:
- Cardiovascular endurance

Organization:
1. Arrange an open floor space
2. Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet.
3. Label the first one the “start” line.

Instruction:
*Warm up and stretch before any type of physical activity!!*
1. Participants must stand on the “Start” line to begin the activity.
2. Long Jump:
   - See how many lines participant can jump over.
   - Have them try and beat their best score each time.
   - Experiment with arm swinging vs. arms behind their backs.
3. Run ‘n’ Jump:
   - Now let them take a running start and see if they can jump even further!

Modifications/Variations:
- **Long Jump Backwards**: Increase the difficulty by performing the tasks jumping backwards.
- **Hop**: How far can they jump on one leg?
- **Reach ‘n’ Stretch**: How far can their leg reach with one foot on the “start” line?
- For older participants: Place each line of tape further apart.