



#FontanaTogether

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.

