



Invent a Jumping Game!



1. Make a list of things you like to do that involve jumping.
2. Invent a new game!
3. Write down the game rules, equipment and number of people needed to share with the class.

Move More!

The Canadian Physical Activity Guidelines suggests children and youth do at least 60 minutes of moderate to vigorous intensity physical activity every day!

To keep bones strong, do activities like jumping, walking and running at least 3 times per week.