



BUMP UP

Ages 5+ | Family Based | 2+ Players

AIM OF THE GAME



- ▶ Through throwing and catching make it to the highest set of markers in 1 minute.

EQUIPMENT



- ▶ A ball or soft object (rolled up socks), 10 markers and a timer.

HOW TO PLAY



- ▶ Set up a line of 5 markers that are 2 or 3 steps apart. Then, parallel to the line set up, place a second line 5 strides away from the each other, making sure the markers in both lines are level with each other.
- ▶ In pairs, start at the first set of markers (that should be 5 strides away), make 2 successful throw and catches to 'Bump Up' to the second level. At the second set of markers complete 4 throws and catches, at the third level complete 6 throws and catches, at the 4th Level complete 8 throws catches, and finally at level 5 and complete 10 throws and catches.
- ▶ Play for one minute and see how far you can get. If you drop the ball or object, you must start again from that set of markers.

GAME VARIATIONS



1. Catch with one hand, or alternate hands to catch with in a sequence.
2. Throw and catch whilst balancing on one leg.
3. Increase the distance of the markers from 5 strides to 7 (or more if you are confident enough)
4. If playing with another pair, each start on a different set of markers (e.g. 1 pair on 1st level and another pair on 2nd level) Try to beat the other pair to complete all levels. If you catch up with the other pair you can bump them back down to the last level.