

# BOUNCE AT THE BELL



**Action Schools! BC**  
Promoting Healthy Living

## Skier Jump

**Starting Position:**  
Stand with feet together

**Action:** Jump from side to side  
• Swing arms up • Land with feet together • Land with bent knees

**SIDE TO SIDE JUMP**

## Motorcycle Jump

**Starting Position:**  
Stand with feet shoulder width apart and knees bent

**Action:** Jump up • Swing arms up  
• Land with knees bent, arms forward as if sitting on a motorcycle • Do not travel forward

**ON THE SPOT JUMP**

## Terrific Triathletes

**Starting Position:**  
Stand with feet shoulder width apart

**Action:** Jump from side to side with full power • Lift legs backwards • Swing arms in rollerblading style

**SIDE TO SIDE JUMP**

## Jumping Jack Flash

**Starting Position:**  
Stand with feet together

**Action:** Jump high with knees together in tuck position • Swing arms up • Land with bent knees and legs apart • Do not travel forward

**ON THE SPOT JUMP**

## Knee Knocker

**Starting Position:**  
Stand with legs shoulder width apart

**Action:** Jump high from leg to leg • Lift knees high in front • "Knock" knees with elbows • Get "air"

**SIDE TO SIDE JUMP**

## Leapin' Lizards

**Starting Position:** Stand with one foot ahead of the other in a forward lunge position • Bend knees

**Action:** Jump high into tuck position • Swing arms up • Land with opposite foot forward in lunge position and knees bent • Do not travel forward

**ON THE SPOT JUMP**

Adapted from: Fishburne G, McKay H, Berg S, 2005.

