

## **Jump The Creek**

Lay out two jump ropes parallel to each other (your creek). Have participants form a line behind the ropes and then one at a time jump the creek. After everyone has jumped, expand the ropes and jump again. As it becomes harder, you can add a lily pad (a dot or a small hula hoop), this gives even the smaller children a chance at making it across.

This activity is from the YMCA's of North Carolina.

