

JUMP
SPIN

Shot



JUGAR | LIFE

Jump Spin Shot

INSTRUCTIONS:

This game is designed as a fun warm-up icebreaker activity to start a session. As you will read below or by watching the attached video that this game is a lot of fun and can be played in several different ways to set the energy and excitement for the entire session.

The game starts with all participants in pairs. Pairs will stand back to back, and they will then count down 3, 2, 1. On the count of one, both players yell jump and complete a 180-degree jump. While they are spinning, they shout 'spin' and then when they land they yell 'shot' and place one hand out with either 1, 2, 3, 4, or all 5 fingers showing. The first player to multiply the total number of digits in the middle wins.

For example, if one player yells 'shot' and puts out 3 fingers and the other player yells 'shot' and puts out all five fingers, the answer would be 15.

This is a great game can be played merely for points if you win you get the point and at the end of the set time, the player who has the highest score is crowned the champion.

The second option is you play a game, and the winner gets the point and holds a static hold in a plank, squat hold or wall sit, while the player who lost has to perform a 20 – 50 metre run. This is a great way to encourage movement, energy and laughter at the start of your session.