

# HIGH JUMP

<https://www.cbc.ca/parents/play/view/12-ways-to-use-pool-noodles-to-host-your-own-olympic-games>

## Equipment

- Pool noodle
- Two chairs (or stools)

## Directions

**Step 1:** Create your own high jump using a pool noodle and two chairs (or stools).

**Step 2:** Jump back and forth over the pool noodle without knocking it down.

**Step 3:** If able, raise the pool noodle after each cleared jump. See how high you can go.

Super simple and fun!

