MAKE THE STICKS JUMP

**MATERIALS:** 6 – 10 sticks of various lengths (6” – 10” work well!)

3 small rocks per person

**INSTRUCTIONS:**

* Set up the playing zone in an open field or dirt area in the woods.
* Draw or designate a starting line from which the players will throw their rocks.
* Place the sticks at regular intervals from the starting line.
* Assign a point value to each stick (the one closest to the starting line is worth the least, the one furthest away will be worth the most.
* Have players take turns throwing their rocks from the starting line with the objective of trying to hit the sticks.
* When the player hits the stick with their rock, and the stick jumps into the air, they are awarded the point value of the stick.
* Play for a set number of rounds or until one player reaches a predetermined number of points.

**FUNDAMENTAL MOVEMENT SKILLS:** Underhand throw, Overhand throw

**CROSS-CURRICULAR** – Number sense, counting, skip-counting

*Indigenous Games.* Presented by Cole Wilson. Saskatchewan Physical Education Association. <https://www.speaonline.ca/uploads/3/8/2/9/38299825/indiginous_games_handout_by_cole_wilson.pdf>

*Indigenous Games for Children.* HIGH FIVE: Parks and Recreation Ontario. <https://intranet.csf.bc.ca/wp-content/uploads/sites/2/2019/12/ressources/EA_indigenous-games-for-children-en.pdf>



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