**Index**

Limber Lower Now

Flip Together

Pick Under Pressure

Jump the Great Height

Go Bananas HJ

J-U-M-P

High Jump Tournament

Climbing the Ladder

Jump That Bar

Team Tic-Tac-Toe

**High Jump Games**

High Jump Obstacle Course

Weave Relay

Timed Figure Eight

Circle Gears

Circle Run-Simon Says

1 Step, 2 Step, 3 Step, 4

Time the J

Jump and Reach

Pop Weave

Use Your Head

Shoe Kick

**Long Jump Games**

Ancient Long Jump

One leg tag

Frog Tag

Frog Team

Jump, Throw Run

Bounding Long Jump

How Far Can You Long Jump?

River leap

Steps

On Board

Jump for Distance

Long Jump 1 step, 2 step, 3 step, 4

Mound Jump

Hitch Kick

Team Standing Long Jump

**Triple Jump Games**

Lame Chicken

Triple Bola Jumping

Triple Jump Tug of War

Distance Skip

Speed Triple Jump Bounding

Triple Jump Team Tag

Triple-Run-Triple

One Stride Hurdle Hops

Lame Chicken

Triple Jump Skip

Triple Jump Hopscotch

Jump Even

Triple Jump Rhythm

How Far Can You Triple Jump?

Leaps and Bounds

Triple-Run-Triple

Find Your Partner

Traffic Light Hop-Stop

**Pole Vault Games**

Technique Focus

Jump on

Go the Distance

A Perfect 10

Pole Vault Gymnastics

Rings Make You Fly

Pole Vault Abs

Pole Run Agility Race

Pole Vault Sprint

Invert

Plant Scoring

Horizontal Vaulting

Pole Vault Long Jumping

Fly to the Moon

Rope Climb and Swing

**Jump Games**

Rucks and Rovers

Indy 500

Locomotion Tag

As If

How High

Rope Skipping

Scoring Tag

Luck of the Draw Jumps

Multiple Choice Jumping

Jump Tag

Leg Match

Frog in the Pond

Spiders and Flies

Giants, Wizards, Elves, Challenge

Banana Jumping Olympics

Empty the Bag

Rucks and Rovers

**Shot Put Games**

In the Hole

Team Shot Put

Shot put Bingo

Better Marks

Yarn Ball Toss

Throlf

Med Ball Frog Leap

Shot Bowling Bash

Sponge Shot Put

Move It Back

On The Line

Towel Tally

Med Hoopla

Wall Ball

Knock Your Block Off

**Discus Games**

T-Ball relay

Flinging Square Catch

Discus Freeze

Down the Center

In The Zone

Hoop Golf

Flying Saucers

T-Ball relay

Discus Bowling

Discus Bowling Bash

Discus Croquet

Line Turn

Slingers

Hoop Frisbee Throw

Rubber Chicken Throw

Range Throwing

Flying Saucers

**Javelin Games**

Javelin Acceleration

Javelin Down the Center

Javelin Snowball

Beat the Bucket

In the Zone

Medicine Ball Duathlon

1 Step, 2 Step, 5

Javelin Acceleration

Noodle Dodgeoodle

Stinging Hornet

Noodle Target Throwing

Throw on a Rope

Jamaica Javelin

Javelin Pentathlon

Cross Over

How Close Can You Get?

1 Step, 2 Step, 5

**Hammer Throw Games**

Hammer Circle

Target Hammer

Hammer 500

Spins

Hammer Center

Serving hammers

Hot Potato Hammer

Flip (Throw) Me The Bird

Bombs Away

Hammer Throw Leapfrog

**Throw Games**

Over the Top

Bean Bag Darts

Hole in One

Throwers Trail

Run and Throw Biathlon

Frisbee Softball

Luck of the Draw Throws

Boxball

Roller Derby Relay

Wall Target

Water Balloon Toss

Floating Sticks and Stones

Throwing Simon Says

Hurry to the Hoop

Target Baseball

Knee Throw

Overhead Backwards Throw

**Sprint Games**

Synchronized Sprinting

Cheetahs, Deers, and Elephants

ETA (Estimated Time of Arrival)

Visualization Run

Stride Counter

Scoring Golf

Speedy Disc Golf

Out and Back Pacer

Hill Tag

R-U-N

Move Out and Pick Up

Sprinter's Pentathlon

Sprint Warm-up

Armless Challenge

Calculating Stride Length

Check My Speed (with radar gun)

The Starting Wheel

Spin and Start

Starting Ladder

Bean Bag Start

Leaping Start

King of the Mountain

Ah Race

Fly Zone Challenge

Photo Finish

**Hurdle Games**

Hurdle Walkover Trail Leg

Hurdle Spacing Racing

Double Hurdle

Shuttle Hurdle Sprint Relay

Shuttle Hurdle Relay

Formula One Hurdling

Dice Hurdling

Partner Pacer

Human Hurdle Relay

Stone, Bridge, Tree

Bricks and Sticks

Pizza Box Hurdle

Kangaroo Relay

Hurdle Tag

Spoke Hurdling

Hurdle Mobility

Hurdle Walkover Lead Leg

**Distance Games**

Clue Run

Distance Bingo

Lap Elimination

Primo Run

Make It - Take It Intervals

Running Tournament

Runner's Pentathlon

Flying Geese

Progressive Endurance

Circle of Endurance

Tandem Running

Russian Tag

Digital Scavenger Hunt

Shutter Spot

Can I Make A Copy?

**Relay Games**

Sponge Relay

Run and Get Back

Potato Chip Relay

Banana Relay

Wear the Baton

Time Zone

Greyhound

Copy Cat Relay

Centipede

Pursuit Relay

Exchange Slalom

Turn and Pass

Moving Shuttle Sprint Relay

Sprint/Hurdles Shuttle Relay