






# ELASTICS

## HERE IS WHAT YOU WILL NEED:

Wide elastic (2m in length)

2 other friends or a couple of sturdy chairs

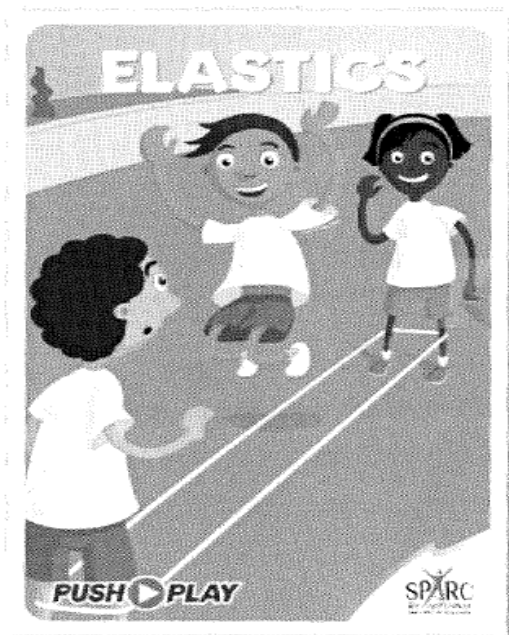
You can make any of these games harder by moving the elastics up your buddy's body

-  Ankles
-  Knees
-  Waist
-  Shoulders
-  Head! !!!!!

Or try 'skinnies', take your foot out of the elastics so that it's skinnier for the person to jump in!

You may like to sing the chants while you friend is jumping!

Can you make any new rhymes!?



## INSTRUCTIONS

Jump up and Push Play with this kiwi favourite – test your skills and try to go higher than your friends!

### Stuff you'll need to get started:

A piece of elastic about 2 metres long or some of Mum's old pantyhose (be sure to ask her first!)

### How to play:

1. Knot the ends of the elastic together then stretch it between two friends (two chairs will also work). Start with the elastics around the ankles.
2. Make up a routine, then jump in and out of the elastics and from side to side.
3. After you've completed your routine at the lowest height move the elastics up and keep going until you can't jump any higher! Try these different levels: Ankles, Knees, Waists, Underarms.

Elastics is even more fun if you have a song or rhyme to jump to, so make up your own! Here's one to get you started: 'England, Ireland, Scotland, Wales. Inside, Outside, Monkey's Tails!'

**PUSH PLAY**

**MISSION ON**

SPARC is the Crown Entity responsible for the Push Play campaign

## Jingle Jangle

Jingle Jangle centre spangle

Jingle Jangle out

o | o | | o | o | | o | o | o | o | o | | o o

(One position per word)

Jingle, Jangle, centre spangle, Jingle, Jangle out.

feet o o

jingle jangle centre spangle jingle jangle out

o | o | | o o | | o | o | o | o | | o o

Jingle, jangle, centre spangle

Jingle, jangle, out.

## CHOCOLATE CAKE

“Chocolate Cake, when you bake,  
How many minutes will you take?”

**One, Two, Three, four”**

On **ONE** jump up and land with left foot outside and your right foot inside.

On **TWO** jump up and land with both feet together inside .

On **THREE** jump up and land with both feet outside.

On **FOUR** jump up and land on top of the elastic.