

# Inclusion 2028

## Para athletics

### Cross the Gap Jumps Challenge

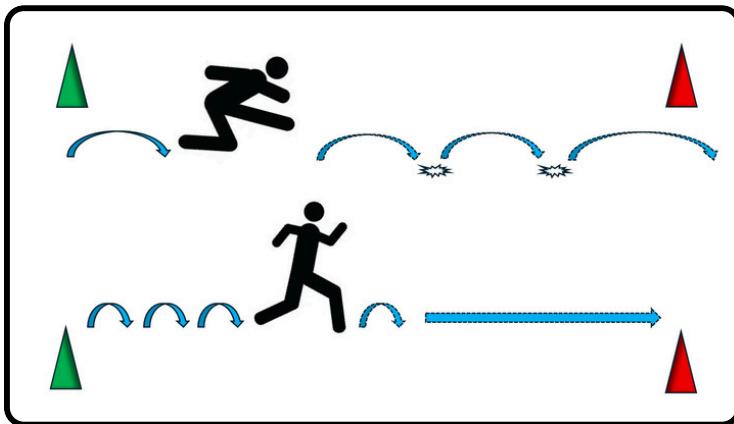
A jumping or stepping challenge based upon the long jump.

#### What you need

- A suitable indoor or outdoor space enabling everyone in the group to move freely.
- Cones/markers to indicate the start and finish lines.

#### How to play

- Make a start line with a finish line at the other side of the playing area (around 10 metres depending upon ability).
- Athletes can go as a whole group, in small groups or individually.
- At the start signal, athletes jump forward (two-footed or one-footed). They take the next jump from where they land and continue until they reach the other side.
- Athletes count – or someone else notes – how many jumps they take to reach the finish line.
- If jumping is not appropriate, then athletes can take large steps.
- Manual wheelchair users count the number of pushes they take to reach the other side.
- Ask athletes to think how they could take less jumps or steps. For example, swing their arms more, bigger steps.
- Then go again and try to cover the distance in fewer jumps/steps.



#### Use the STEP adaptation tool to modify the activities

##### Space

- Increase or reduce the distance that athletes have to travel.

##### Task

- Ask them to jump in a specific way; for example, two-footed standing jump, landing on both feet together.
- Work in pairs to count for each other.

##### Equipment

- Powerchair users can adapt the challenge by pausing in a box between the start and finish lines (marked by 4 cones) before continuing. If space allows, create a number of boxes.

##### People

- Athletes who are using walking frames participate by focussing on increasing the size of each individual step that they take