

# Jump Spin Shot

Count down, jump, spin, and shout — the ultimate high-energy icebreaker.

SCAN TO SEE IT PLAYED



## The core game

### How it works

- 1 Find a partner and stand back to back with a little space between you.
- 2 Together, count down out loud: '3, 2, 1' — on '1' both players jump and spin 180 degrees to face each other.
- 3 As you land, hold out one hand showing 1, 2, 3, 4, or 5 fingers and shout 'Shot!'
- 4 The player showing the higher number of fingers wins that round — keep a running total to find the overall champion.

## Ways to play

### Two versions for every occasion

#### Way 1 — Points Game

Best for 2+ players (pairs) · Open space indoors or outdoors

- Pair up and stand back to back.
- Count down together: '3, 2, 1' — jump, spin, and land facing each other.
- Each player holds out 1-5 fingers and yells 'Shot!' at the moment of landing.
- The higher number wins the point — in a tie, replay the round.
- First to 5 points is the champion; winners can challenge other winners.

#### Way 2 — Fitness Forfeit Version

Best for 2-4 players · Backyard or living room with space to move

- Play exactly as above, but the loser of each round has a fitness forfeit.
- Forfeit options: hold a plank for 20 seconds, do 10 star jumps, or sprint 20 metres and back.
- The winner gets to choose which forfeit the loser does.
- Play a best-of-seven series for a full workout disguised as a game.
- Swap partners after each series so everyone plays everyone.

## TIP FOR PARENTS

### Try this at home

Make sure there's enough clear floor space before you start — the spin is quick but it needs room. Wooden or tiled floors work well; just make sure socks aren't too slippery!

## THE SCIENCE OF PLAY

### Why it works

Brief explosive movements followed by social interaction spike dopamine and adrenaline simultaneously, creating an immediate sense of fun and alertness. Games like this are used by PE coaches and facilitators to raise group energy at the start of a session because the physical activation carries through into everything that follows.

## SCHOOL ' HOME

### The connection

*Your child used this game at school to fire up their energy and connect with classmates at the start of the day — try it in the garden on a slow morning and watch the grumpy mood disappear in about 60 seconds.*