

## Tin and Jump

### Instructions -

First measure out 5m in your garden or local park.

Then get 3 tins (or anything quite tin-like) and put them on the floor at the start line.

Grab 1 tin and run 5m and put the tin at the finish line then run back to the start and do that 2 more times.

After the last one do 5 line jumps



Stay safe