


# Find the rainbow



**What you need:** 5x5 grid. This could be paper taped to the floor or with chalk, and a picture of a rainbow.

## How to play:

- Place your rainbow in the centre of the grid.
- Fill the rest of the grid with numbers from 1 - 4.
- Players try to get to the rainbow in the centre of the grid.
- Begin in the green box with number 1 and jump one jump in any direction **except diagonal**.
- Continue through the grid jumping with the number of jumps indicated on the square you are standing on until you reach the rainbow.
- Make this harder by completing the corresponding exercise for every number landed on  
1 = 1 x squat,  
2 = 2 x hops, 3 = 3 x high knees  
4 = 4 x star jumps

3	2	4	1	3
2	3	1	3	2
1	2		2	3
3	4	3	2	2
3	2	1	3	4