



World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

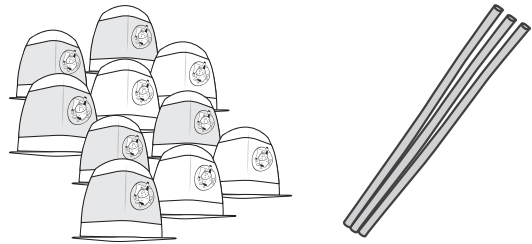
Grade 2 - Jumping over yoghurt cups ("Drie stokkies")



Objective:

The goal is to be the last person or team standing, having successfully jumped over the line in each round.

What you will need:

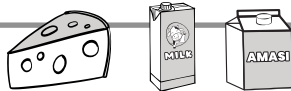


Enough **yoghurt cups**, **sticks** or **string** to make a three line

Instructions:

1. Use ten small yoghurt cups are placed in a row. Three rows need to be made parallel to each other outside on the concrete.
2. Teams line up, on either side on the lines, and players take turns running and jumping over the yoghurt cups, aiming to land with one foot in between each row of yoghurt cups and clear the third row with a jump.
3. If a player touches a yoghurt cup or doesn't clear all three, they are eliminated.
4. The last player to jump in each round is known as the "Stretcher" and tries to jump as far as possible over the third line. The first and third row of cups are moved further and further apart to make it more challenging.

Health message



Aim to have three servings of dairy (milk, maas or yoghurt) a day for stronger bones, and muscles.

Three servings of dairy can cover most of the calcium needs each day, and helps to support growth, focus, and your health.



www.dairykids.co.za

Initiative by the Consumer Education Project of Milk SA



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