



Year 1 & 2



Target:
To improve
jumping skills

“ This term in P.E.
we will
be looking at
Jumping. ”



Jumping

11th January - Week 1.

Jumping for height

- 2 footed take off to 2 footed landing

18th January - Week 2.

Jumping for distance

- 2 footed take off to 2 footed landing

25th January - Week 3.

Leaping

- 1 footed take off to the opposite foot landing

1st February - Week 4.

Hopping

- 1 footed take off to the same foot landing

8th February - Week 5.

Jump Combinations

All the remote learning information for PE lessons will be posted onto the school website in the 'Home Learning' section

[CLICK HERE](#)

