

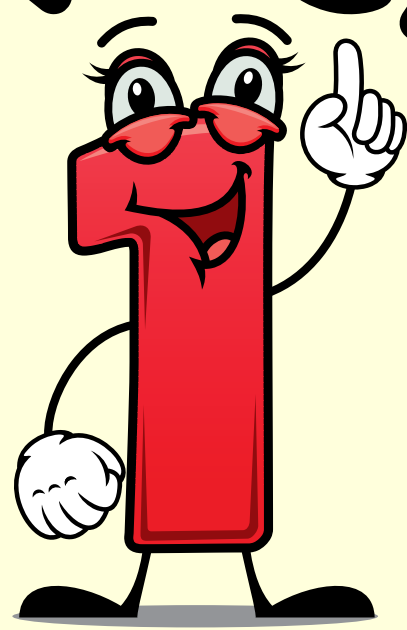


Year 1 & 2

# Week

# Jumping for Height

“ This week in P.E. we will be looking at 'Jumping for Height'. Try these activities at home during your scheduled P.E. lessons ”



## Key teaching points for jumping high



- Bend knees
- Lean body forward
- Swing arms back

- Explode with legs upward
- Swing arms forward and upward
- Extend body fully

- Land with knees bent to absorb impact
- Extend arms slightly forward to maintain balance

QR Code to Vertical Jump Video



1 In a safe space practice jumping high - watch the video clip and try to focus on your technique when jumping. →



### 2 High Five

Draw and cut out handprints. Stick these handprints at different heights along a wall. Have your child jump and give the handprints high fives.



Challenge your child to give every handprint a high five within a specific time frame.



### 3 Moving on Up

Put a piece of paper (or post-it note, etc) on a wall/door. Can you jump up and touch the 'paper'?

Stand sideways to the wall, crouch down and jump up.



Keep moving the paper up higher and higher to increase the challenge.



### 4 Jump-Hit

Tie a soft cuddly toy to a stick/rod or even a wooden spoon with a piece of string/wool/shoelace. A 'helper' is needed to hold the toy up just out of your reach and you need to jump up and try to 'tap' the object.



Keep moving the object up higher and higher to increase the challenge.



Can you think of any other fun challenges that you can do to make you jump up high?

[CLICK HERE](#)

to try a fun interactive jumping game! (or use the QR code)

