

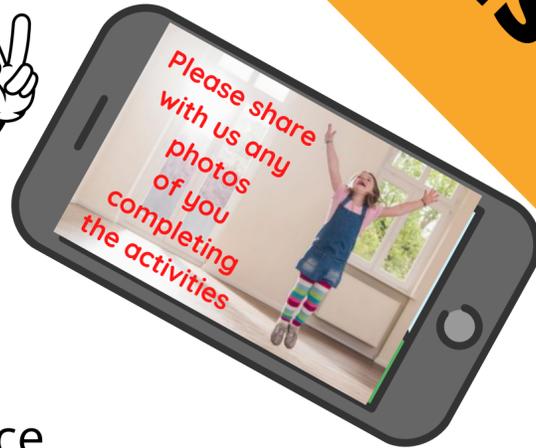


Year 1 & 2

Week



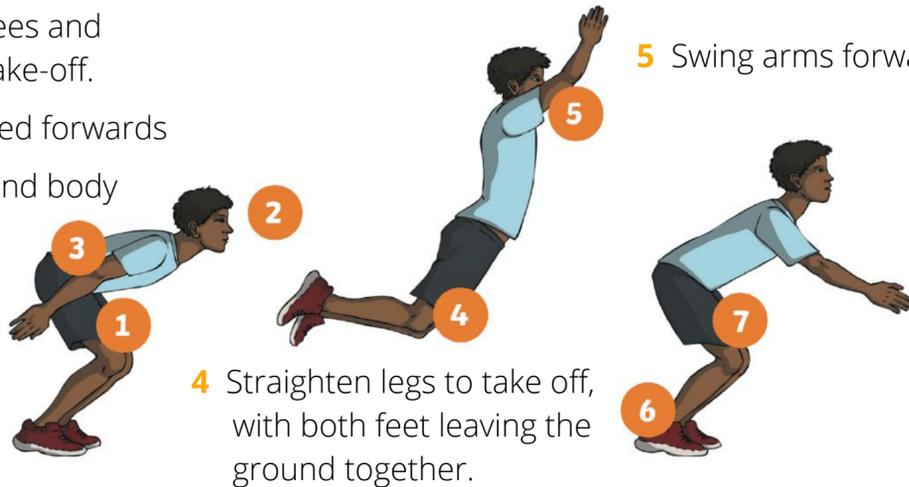
“ This week in P.E. we will be looking at 'Jumping for Distance'. Try these activities at home during your scheduled P.E. lessons ”



Jumping Distance

Key teaching points for jumping for distance

- 1 Bend ankles, knees and hips ready for take-off.
- 2 Keep eyes focused forwards
- 3 Swing arms behind body
- 4 Straighten legs to take off, with both feet leaving the ground together.
- 5 Swing arms forward and up.
- 6 Land on both feet at the same time.
- 7 Bend ankles, knees and hips to absorb impact on landing.



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



2 Place a cushion/pillow/jumper/cuddly toy on the floor. Jump over and then jump back again, making sure that you start from a standing start from both feet.



Can you put another object on the top and jump over it.

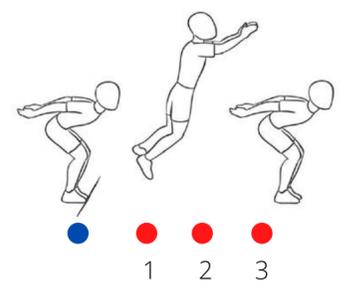


3 Number Jump

Place a starting marker on the floor. Set up 3 distance levels. Level 1, one small step away from the starting marker. Level 2, two small steps away from the starting marker. Level 3, three small steps away from the starting marker. Stand beside the starting marker on two feet. Jump level to marker 1 (complete 5 times), jump level to marker 2 (complete 5 times), jump level to marker 3 (complete 5 times)



Can you add a 4th marker and jump to it!



4 Jump River Crossing

Stand on one side of the river (for the river use scarves/ties/string, etc. and try to jump over the narrow part of the river. After each successful jump move further up the river and jump over a slightly wider section of the river.



Move the widest part of the lines further apart to increase the challenge.



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

[CLICK HERE](#)

to try a fun interactive game!

