



Year 1 & 2

Week

Jumping Combinations

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



1 Over the last four weeks, we have been looking at a variety of ways to jump. Click on each of the words below as a reminder of the techniques to perform each correctly. Practice each one in a safe space.

Hopping



Jumping for Height



Jumping for Distance



Leaping



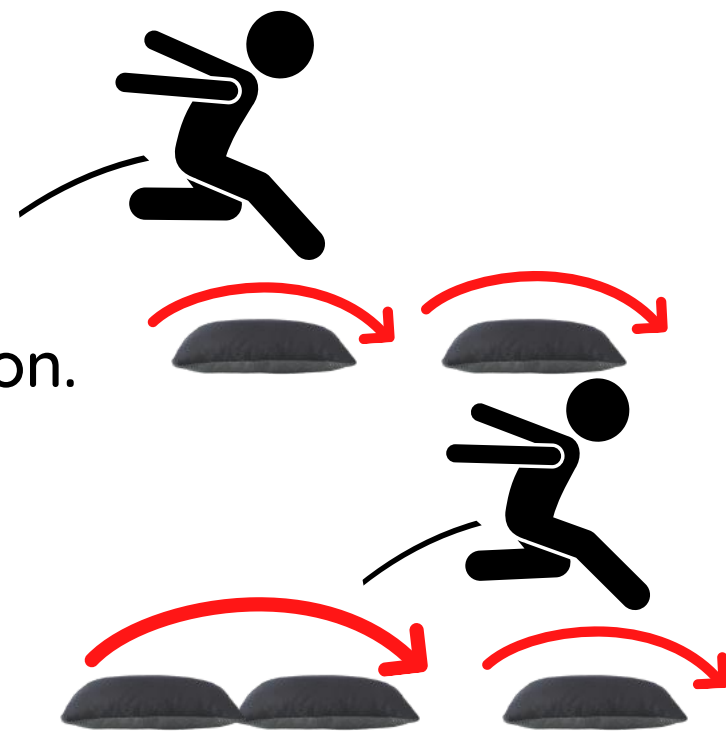
2 Place cushions/pillows/jumpers/cuddly toys on the floor. Hop over the first cushion and then straight after leap over the second cushion.

Can you try leaping first then hopping?



Can you leap over two cushions and then hop over a third cushion?

Can you perform any other leaping and hopping combinations?



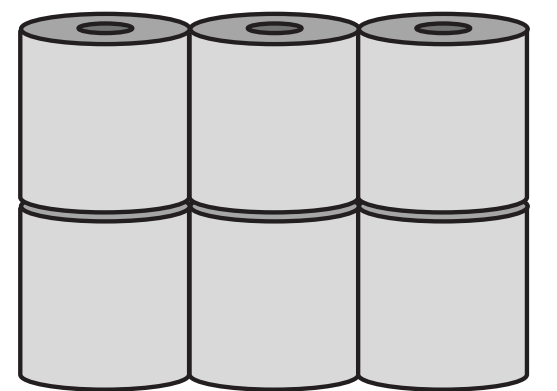
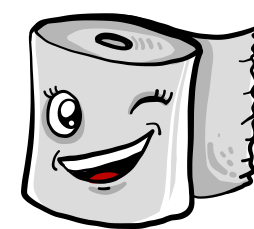
3 High Jump Challenge

[CLICK HERE](#)

to see a video from Melton, Belvoir and South Charnwood School Sports and Physical Activity Network who are setting the challenge to see how many toilet rolls you can jump over?



How many can you jump over?

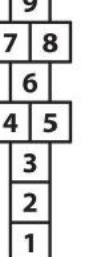
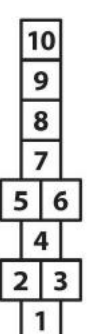
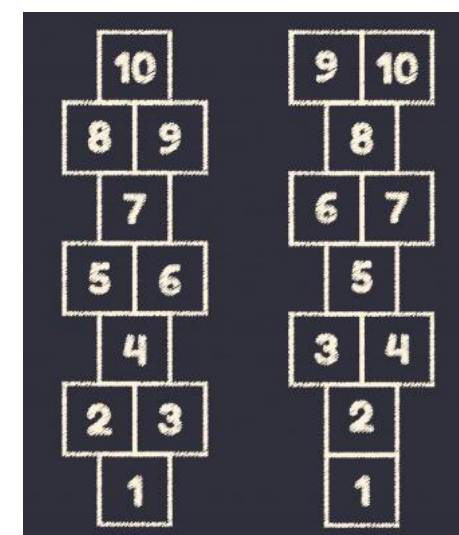


4 Hopscotch

Create your own 'Hopscotch' course, either indoors or outside. Playing hopscotch will allow you to practice your jumping and hopping. (Hopscotch rules are on page 2)



Be creative and design different hopscotch courses.



Why don't you try and complete this obstacle course challenge set by Melton, Belvoir and South Charnwood School Sports and Physical Activity Network.

[CLICK HERE](#)



Hopscotch - The Rules & How to Play

Before you start

- Pick an object such as a bean bag or socks rolled into a ball.
- Create squares or areas, and number them one through ten

How to play

- Hopscotch can be played with one or more people.
- Players take turns, standing in a line at the start/finish line.

Each player will go through the following steps:

- Throw your object into square one. Hop over the stone on the way out and pick it up on the way back.
- If the player misses the throw into square one, pass the stone to the next player in line and return to the back of the line.
- Hop in the first empty hopscotch square.
- Balance on one foot in single squares and both feet in side-by-side squares. If you lose your balance or steps onto a line, you must return to the start.
- On the way back to the start/finish line, pause at the square before the object. Bend over and pick up the object without moving feet.
- Once the player's turn is complete, pass the stone to the next player in the line and go to the end of the line.
- After each player successfully completes a turn with the object in square one, on their next turn they throw the object into square two and so on until the player has completed all ten squares.

Variations

1. Simplify the game by having players hop through the hopscotch without a stone to pick up.
2. When using chalk to create the hopscotch, you can change the shape, size, and/or length.
3. Set a time limit, making the game Speed Hopscotch.