

Spar Lancashire School Games

Learn!

Skill 1: Jumping

Aim: To master the fundamental movement skill of jumping and jump as far as possible

Task 1: Practice the skill. Jump 2 feet to 2 feet.

Task 2: Practice makes perfect, play the following game to help develop this skill



Skill/ Skills	Activity	How to play	Equipment
Jump for Distance	<p>Cross the river</p> <p>1 2 3 4</p>	<ul style="list-style-type: none"> Child starts at marker no.1 Jumps 'over the river' to the other side of the 'bank' Aim - to get to the other side in as fewer jumps as possible Progress to markers 2, 3 and 4 	<p>X 8 objects such as bottles or tins, gradually set further apart</p>

Points to help improve jumping:

- Feet shoulder width apart
- Swing arms back, skiing position
- Push off from toes - toes are last to leave the ground
- Heels contact first and knees bend to absorb the shock

[Video Demonstration](#)



Spar Lancashire School Games

Games

Year 1 & 2 Challenge!

Linked to Learn! 1 - Jumping

You have been busy practicing your jumping. Are you ready to take part in our challenge?

Kangaroo Jump!



Can you jump like a Kangaroo? How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker on 2 feet
- Jump forward landing with 'sticky feet'
- Place a marker where you landed.
- See if you can beat your 1st jump
- See if you can beat your parent, carer or sibling

[Video Demonstration](#)