

Spar Lancashire School Games

Learn!

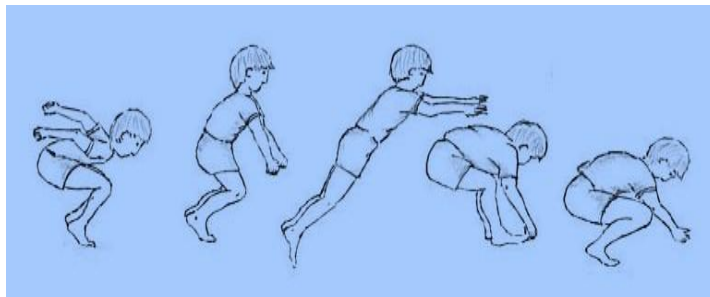
Athletics: Jumping

Equipment: Plastic bottle, tins, socks, tea towel/towel

Aim: To choose two or three different jumps and put them together to travel as far as possible.

Task 1 - Jump the Stream

From a starting point jump from 2 feet to 2 feet (two or three times depending on distance you have) and mark how far you have jumped using piece of equipment. (This is the distance to beat in Task 2 & 3)



Points to help improve jumping 2 feet to 2 feet

- Start in the ski position with arms back behind you in preparation to jump.
- Swing arms forward and take off
- Land on both feet and bend knees

Task 2 - From the same starting point jump from 2 feet to one foot (2-1), one foot to 2 feet (1-2) and 2 feet to 2 feet (2-2). Did you beat the distance from Task 1?

Task 3 - Thinking task - Create a sequence of jumps and leaps to cross the stream

- Can you try jumping from 2-2, 2-1, 1-2, and 1-1?
- Which of the combinations you create gets you past the distance from Task 1?
- Record which combination of 2 or 3 jumps you created gets you the furthest distance.

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[Video Demonstration](#)

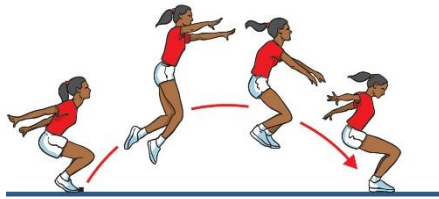
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Year 3 - 6 Challenge!

Linked to Learn 1 - Athletics- 3 Jumps

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

1st Challenge: Standing Long Jump!



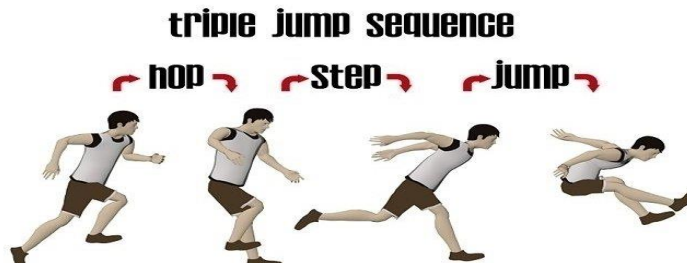
How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker with your feet 'shoulder width apart'
- Bend your legs and swing your arms
- Jump forward landing on both your feet
- Place a marker at the back of your foot where you landed
- See if you can jump further on your next go and achieve your personal best?
- See if you can beat your parent, carer or sibling

Are you ready for your second challenge?

You have been busy practicing your jumping sequences from your 'learn' cards. Triple jump is a sequence of 3 jumps.

2nd Challenge: Standing Triple Jump



Can you learn how to do the triple jump? How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker with your weakest foot forward
- Take off from your front foot and land on the same foot (hop). Practice the hop a few times.
- Next add the step in, so when you land from your hop, now step and land on your opposite foot. Practice the hop-step a few times until you feel confident
- Add the final part, the jump! When you have landed from the step, take off from the same foot and land with both feet together. Practice your hop-step-jump until you feel confident.
- You are now ready for your challenge
- Stand behind your marker and attempt the triple jump trying to get as far as you can.
- Place a marker at the back of your foot where you landed
- See if you can jump further on your next go and achieve your personal best?
- See if you can beat your parent, carer or sibling

Video Demonstration