



#stayhomestayactive

#PEatHome

### EXPLORE



Find a safe space. How many different animals do you know that jump, hop or leap?



#### Bright ideas:

Try out lots of different ways of hopping, jumping and leaping in your space.



Can you add some jumping music to make this more fun?

### PRACTICE

Find 10 small soft objects You can use your toys to help you!



Jump OVER them. Jump AROUND them. Jump BEHIND them. Jump IN FRONT of them.

Tell your family which jumps you like best. Can you say why?



### Communication and Language

Find out how to play 'Simon Says'

Play this with your family using the animals we thought about when you explored your jumping.

*Simon Says "jump like a frog"*  
*Simon Says "hop like a grasshopper"*

What other 'Simon Says' can you come up with together?

### Understanding the World

#### Did you know this about kangaroos?

- \* They can hop quickly on 2 legs, and they can walk slowly on 4 legs.
- \* They can't walk backwards.
- \* They can swim!

Can you find out where kangaroos live and any other fun facts about them?

### DEVELOP



Time to work on landing without any wobbles!

Put down a small square of paper – make sure it won't slip!

Jump ONTO your paper. Jump OFF your paper.

Top Tips for wobble free landings

- Land feet apart
- Bend your knees
- Stretch arms out in front
- Keep your head up
- Look straight ahead.



### Parent's Tip!

Allow your child to explore lots of different ways of jumping, hoping and leaping. Encourage them to be creative!



Make sure you have enough room to complete the tasks!

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I go to take part in more athletics?

- <https://clubhubuk.co.uk/clubs/rowheath-athletics-club/>
- <https://www.birchfieldharriers.com/>
- <https://rscac.co.uk/>





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## PRACTICE

Draw out a hopscotch like this one to practice your jumping  
*You can use chalk, tape or squares of paper.*



**Start on number 1**

- \* Can you jump forwards and sideways on to each number in order?
- \* Can you jump far over the double numbers?
- \* Can you jump high in the air and land carefully on every number or just odds and evens?

## DEVELOP

Can you draw out your own hopscotch grid and practice improving your jumping?



Look up the rules of hopscotch  
Can you teach a member of your family how to play?



Invent your own rules for your hopscotch grid and challenge your family to play.

## EXPLORE



Find a small space ideally with a soft landing.

How many different ways can you find to jump?

Bright ideas:

- How far can you jump?
- How high can you jump?
- Can you jump from side to side?
- Can you jump and turn?

*Can you jump far, high, right, left, backwards, forwards and repeat?*

*Now add some music to your jumping to make it more fun.*

## Maths Challenge!

Draw a clock on the floor with chalk or mark the position of the numbers with small objects

Pretend you are the hands of the clock!  
Start in the middle and jump with two feet



- \* Jump to 12 o' clock and back
- \* Jump to half past and back
- \* Jump your way around the clock from 1 - 12 and back again from 12 - 1

## Design Technology Challenge

Can you draw around your family's feet?

Can you cut the feet out?

Put them in a line, toe to heel.

Can you jump the length of your family's feet?



## Parent's Tip!

Let your child be the teacher!  
They will love coming up with ideas and telling you what to do. You will be amazed at how creative they are.



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# KS1



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## EXPLORE



Find about 10 small objects - balls of screwed up paper, rolled up socks, or small soft toys will do. Spread them out on the floor/ground. Put some in pairs and some on their own.

### Bright ideas:

- Jump over the paired objects with 2 feet, and the single objects on one foot.
- Find as many different ways of jumping over your objects on 2 feet or 1 foot.
- Can you create a route or circuit for your jumping?

Add in doing this to music for some extra fun!

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## PRACTICE

Use your objects to make a V shape



Start at the narrow end and jump across from one side to the other. Try using 1 foot and 2 foot jumps first. Then just jump 2 feet to 2 feet.

See how far along you can jump across your 'V'.



How did it feel when you jumped further each time you practiced this?



### Maths Challenge!

Measure the distance of your longest jump. Can you write that as metres (m), centimetres (cm) and millimetres (mm)?

Which is the best unit of measure to use for measuring standing long jump? Why do you think this?

### Standing Long Jump was last in the Olympic Games in 1912

- \* Can you find out who won the Gold medal and how far they jumped?
- \* Can you find out who the World Record holder is now?
- \* What other sport does this person play?
- \* What is the current World Record and when was it achieved?



## DEVELOP

Use these Top Tips to help you jump further:

- \* Start with your knees bent.
- \* Swing your arms and reach forwards as you jump.



**EXPLODE** up and forwards using your legs and toes to push off.



Can you create an instructions poster for practicing and improving a standing long jump?

Give your instructions to someone in your family and ask them to use them to improve their technique.



### Parent's Tip!

Start with a narrow 'V' and gradually increase it as your child improves.



Make sure you have enough room to complete the tasks!

# KS2



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## EXPLORE



Find a small space. How many different ways can you find to jump?

### Bright ideas:

- Jump as high as you can.
- Jump from two feet to two feet.
- Jump from one foot to two feet.
- Jump from one foot to the other foot.
- Jump in different directions.
- Jump forwards and backwards.

Can you make your jump as long as possible?

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## PRACTICE

Mark out a start line. Swing your arms and jump as far as you can from a standing start, landing on two feet – measure your distance with an object or a tape measure if you have one.



Once you have completed a jump from a standing start, take 3 steps as a run up before the start line and measure your jump. Work as a family team to measure each others jumps.



### Maths Challenge!

The length of the sand pit used in long jump is 9m. The width is 2 m. What is the overall area of the sand pit?

If the depth of the pit is 1.5m, what volume of sand would you need to fill it?

Top tip – make sure you add the correct units of measurement to your answer!



### Muscle Challenge:

How many muscles can you name that are important in long jump?

What type of training could you do to improve the strength of these muscles?  
<https://www.youtube.com/watch?v=hY2fa6Q98-k>



Make sure you have enough room to complete the tasks!

## DEVELOP



Can you create a training programme to improve your long jump distance? What types of practices could you use to improve your performance?

Imagine that you have just won the gold medal at the Olympic Games for long jump. Create a diary extract from the day describing your experience.

Top tip – try to use similes and metaphors in your diary entry to improve your work.



### Parent's Tip!

Use your arms to get more momentum with each jump. For more of a challenge, use a small run up.



KS3

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## EXPLORE



Find a small space. How many different ways can you find to travel?

Bright ideas:

- Can you hop over a small object?
- Can you jump from two feet to two feet over a line?
- Can you stride from one line to another?
- Can you try to make your stride, hop and jump as long as possible?

Can you combine a hop, step and a jump together? This is called triple jump.



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## PRACTICE

Mark out a start line. Hop, step and jump and measure the distance you achieve from a standing start with an object or a tape measure.

Once you have completed a jump from a standing start, take 3 steps as a run up before the start line and measure your jump.



How does beating your personal best make you feel? How can you remain positive if you don't beat your personal best?

**English Challenge!**  
Can you define each of the following words related to jumping in athletics?

**TRAJECTORY**  
**MOMENTUM**  
**APPROACH**  
**HITCH KICK**  
**LOAD**  
**LEVER**

Create a paragraph to explain the technique in triple jump using the key words above.



**Jonathan Edwards is the current triple jump world record holder:**

How far is his world record jump?

Where did he set this world record?

Who holds the women's world record?

How many jumps would it take you to jump the length of Jonathan Edwards' jump cumulatively?

[https://www.youtube.com/watch?v=rgHYUDoG8\\_A](https://www.youtube.com/watch?v=rgHYUDoG8_A)



Make sure you have enough room to complete the tasks!

## DEVELOP



Can you develop your own practice to help others improve their triple jump?

What are the key things they will need to remember to become an expert?

The next Olympic Games will be in Tokyo, Japan in 2021.

Produce a leaflet advertising the Games and what the host city has to offer, persuading people to visit.

Try and use hyperbole, emotive language and rhetorical questions!

**Parent's Tip!**

Use your arms to get more momentum with each jump. For more of a challenge, use a small run up or an object to jump over!

**KS4**