



#stayhomestayactive

#PEatHome

## 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!

@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/>

## 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.



# KS2



Make sure you have enough room to complete the tasks!

