

Summer term-

Lesson 2 Objective - Jumping

Warm up –

For the warmup, this week I would like you to do –

1. 10 Jumping jacks
2. 10 Arm Circles
3. 10 Side shuffles
4. 10 lunges – 5 on each leg
5. 10 Squats **Repeat this 5 times.**

Task 1- Speed bounce

All you need for this week's lesson is a small space and an object you can use a small hurdle to jump over. Start by standing feet together, next to your hurdle. The aim is to jump by taking off and landing on 2 feet, sideways over the hurdle as many times as you can in 30 seconds. If you land on the hurdle or move it as you jump over it, just reset the hurdle, and carry on.

You could use a row of socks, a book, or a piece of paper to jump over.

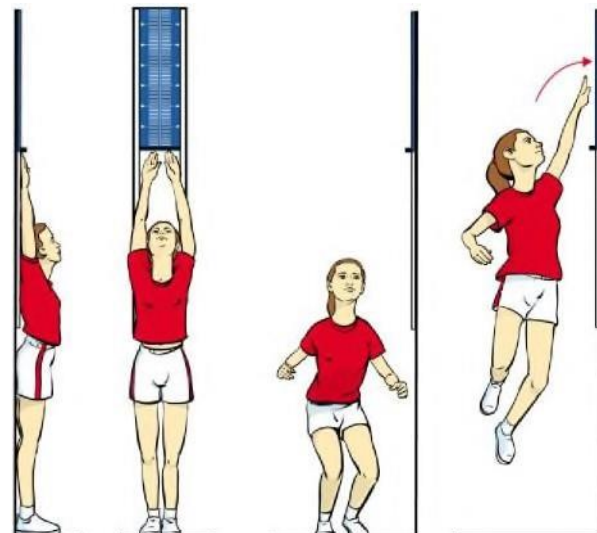
Make it harder - Use a slightly higher hurdle or try the challenge with a hop.



Task 2 -Vertical Jump –

At home you could do this indoor or outdoor , what you need to do is to find a wall , stand with your back head and heels touching the wall. Both arms should be stretched upwards with fingertips stretched out.

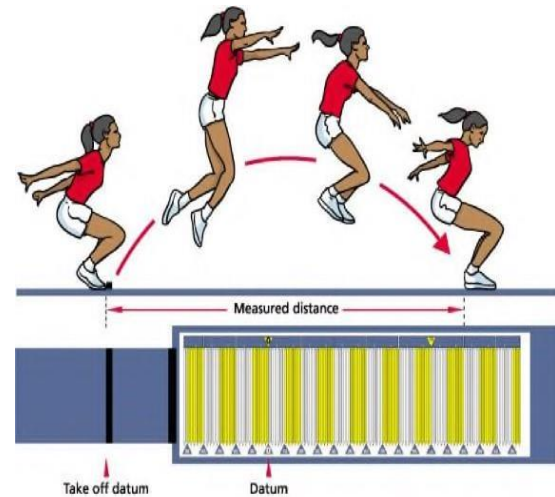
I would like you to try and reach this point by bending your legs and jumping up and attempt to beat your score. Let's see how high you can jump.



Task 3 -Standing long jump –

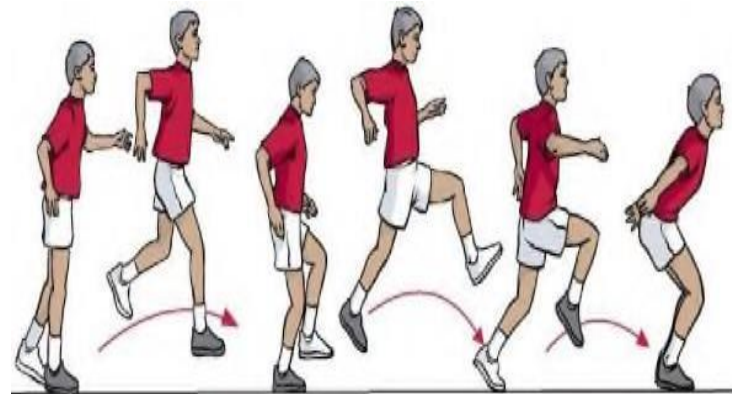
The standing jump is a type of jump that does not involve a run-up. You must take off from standing on two feet and land on two feet, trying to gain the furthest distance possible. You can do this indoor or outdoor, you need to start by placing a take-off line this could be done by using a skipping rope.

1. Measure 3 m from a take-off line and mark it using a pair of socks, paper or a book. **2.** Stand behind the take-off line and from a standing position see how far you can jump. You must take-off and land on two feet. **3.** Take-off from wherever you land after your first jump. **4.** Continue doing this until you reach the 3m mark. How many jumps did it take you?



Task 4 - Standing triple Jump-

Here is the standing triple jump technique: **1.** Start with one foot on the ground. **2.** Hop on to the same foot. **3.** Step on to the other foot. **4.** Leap, so that both feet leave the ground, swinging your arms forwards and upwards (this is the jump phase). **5.** Land on both feet at the same time. See how many hops, step and jumps it takes you to achieve 2m, if you achieve this let's see how far you can get?



Cool down –

Find a space indoors or outdoors, for your cool down this week we are gradually going to start of sprinting then reducing the speed. We start of on 10 sprinting on the spot, and slowly get slower by 5 we should be jogging then by 1 we should be walking on the spot.

