

Year 3 PE task

Athletics – Jumping

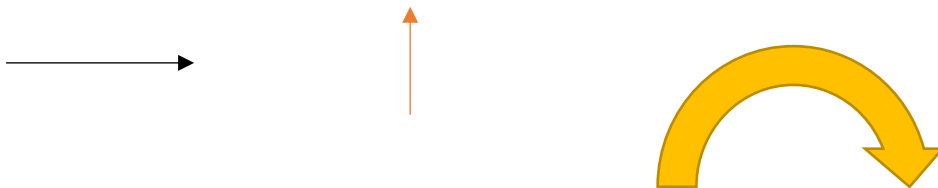
Task – try to perform these 4 basic jumps:

- One foot to same foot (hop)
- One foot to other foot (leap)
- Two feet to one foot
- One foot to 2 feet
- 2 feet to 2 feet

Try to jump 'long' and 'high' for each jump. Which jump works best for you when you try to jump a long distance or high?

Jumping long

- Bend your knees
- Swing arms back
- Look forward and Push forward legs and arms (not straight up)
- Bend knees to land safely
- Remember a quiet landing is a good landing
- Think about you flight path and which flight below do you think you travelled?



Jumping high

- Bend your knees
- Swing arms down and back
- Look forward
- Push straight up with your legs and swing your arms up
- Try to get your hips as high as you can
- Remember to bend your knees to land
- Remember a quiet landing is a good landing

Explore the different jumps and see which jumps you feel comfortable with and which ones you don't feel comfortable with. Maybe try adding two jumps together; one after the other.

Please see the list of useful PE resources if you would like some additional support.