Year 4 PE task

Athletics – Jumping

Task – as a recap 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? Remember when you are jumping you need to bend your knees and swing your arms back and then push everything forward or up depending on your jump. Make sure you bend your knees when you land. The quieter the landing the better!

Now you need to add a run up to your jump. Think about how long the run up need to be depending on whether you are jumping long or high. Let your child explore first but if they are jumping long they will need a longer run up to just hit top speed before jumping. However, if the run up is too long they won't be able to sustain top speed and then the jump will lose power. When they jump high, they won't need such a long run up. A few steps will do as they will need to be able to get low quickly before push upwards. Allow time to explore all the jumps with different run ups and work out a technique that works for them.

Finally, choose 3 of the basic jumps above and try to perform them in combination like triple jump with a run up. Which combination of jumps gives you the longest jump. You can only use the jump once in the combination of 3 (e.g. you can't do 3 hops in a row). Try to make the combination smooth and keep the momentum from the run flowing. The smoother the jumps the longer the jump. If you run, jump 1, stop, jump 2, stop and then jump 3, the momentum will have slowed down decreasing the distance of the jump.

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