Year 3 PE task

Athletics – Jumping

Task – Now that you have practiced the jumps you can start to add them in combination. Add 3 of the jumps listed together. The jumps need to be 3 different jumps. Explore different combinations. The task is to try to perform the 3 jumps in combination fluently. This means without stopping, the jumps should be a continuous movement. Finally, work out which 3 jumps work best in a row. Clue: try triple jump and think why those 3 jumps work so well together. For this task you will only be jumping long.

- 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

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