

Year 4 PE task 2

Athletics – Jumping

Task – Now that you have explored jumping long and high with run ups and in combination, it is time to look at jumping firstly over something and over a series of objects. Start with something small to jump over and experiment jumping over using the 5 jumps below. Then gradually get higher but no objects higher than the knee. Explore jumping just over and over with longer distance too. Next, if you can set up 3 object to jump over roughly the same height. Try jumping over all 3 as quickly as you can using any jumps you like. Which combination of jumps get you through the quickest? Experiment with different heights and using same and different jumps. How can you link jumps to make them fast and effective?

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

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