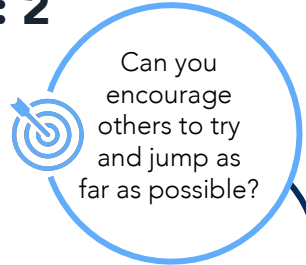





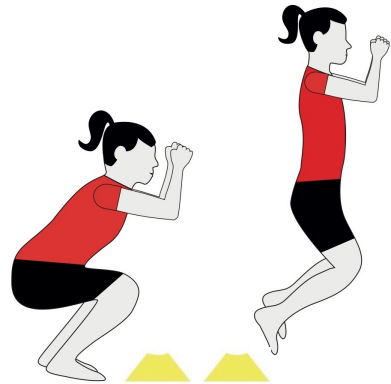
Standing Long Jump: 2

PE Home Learning



Time to Learn:


- Place a starting marker on the floor.
- Set up three distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on two feet?
- How can we use our bodies to reach the marker furthest away?



Reduce the distance between the levels. As you gain more confidence, increase the distance.



You have three jumps only!
Challenge yourself to see how many points can you score?



Play against different family members. Who can jump the furthest? Have three jumps each.

Top Tips

Jumping Further

- Keep your head up, swing your arms and bend your knees when you land.



Let's Reflect

How did you adapt your technique to be able to jump further?

How did you feel when you achieved a new jumping distance?