

### Content outline

These activities focus on the technical aspects of the field event, Triple Jump. They aim to develop the basic knowledge of how to perform the event. This is broken down into 3 phases:

- Hop
- Step
- Jump



This resource and supporting video have been created by:

**Chesney Ward, King Edward VI School**

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- If space is available, the distance of each phase can be increased to add challenge
- This activity should not be performed indoors



### Task

- The activity can be repeated multiple times to attempt to improve starting performance
- The technique can be mirrored so the young person can compare pushing from their dominant and non-dominant leg



### Equipment

- Use household items to act as markers (e.g. plant pots, spare shoes)
- You can also use markers to measure your jump – can you beat your marker on your next attempt?



### People

- If you have another person in your house, you may be able to coach someone else the correct Triple Jump technique
- If other people are available, the task could be performed within a competition

### Learning intention

#### Physical:

- To apply the basic principles of Triple Jump – with balance and control

#### Personal:

- Leadership
- Personal Challenge

#### Learning questions:

- Identify 3 coaching points when describing the Triple Jump
- How should I land after jumping?
- How can we make our jump more powerful? How can we can more height?
- Describe how we would measure your jump in a competition
- How could you improve your technique?