

Jumping and Landing Combinations for Distance

Success =

- Good take-off and height
- Balance and control on landing
- Soft landings

Yellow Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet forwards, backwards and side to side.

Green Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet with a quarter turn in both directions.
2. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).

Red Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet with 180° turn in either direction.
2. I can complete a tucked jump.
3. I can complete a tucked jump with 180° turn in either direction.

Blue Challenge

Maintaining balance and landing on a line:

1. I can jump from 2 feet to 2 feet forwards, backwards and side-to-side.
2. I can hop forward and backwards, freezing on landing.
3. I can jump from 1 foot to the other forwards and backwards, freezing on landing.
4. I can hop sideways, raising my knee and freezing on landing.
5. I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.

Pink Challenge

On a line then low beam, maintaining balance:

1. I can jump from 2 feet to 2 feet with a 180° turn in the middle (in both directions).
2. I can jump from 2 feet to 2 feet with a tuck and a 180° turn (in both directions).
3. I can stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (on both sides).

Black Challenge

On a line then low beam, maintaining balance:

1. I can jump from a vertical stance forwards into a lunge position while holding a medicine ball off centre (on both sides).
2. I can jump from a vertical stance backwards into a lunge position while holding a medicine ball off centre (on both sides).
3. I can jump from 2 feet to 2 feet with a 360° turn (in both directions).

Try and combine 5 different jumps to achieve the greatest distance possible. Set and review targets and try to motivate and inspire yourself to keep beating your best distance. For each jump, you must land in balance, before starting your next jump. After the 5th jump, measure and record the total distance. Try varying the jumps to see if you can increase the distance. You could make it more challenging by increasing the number of jumps onto one foot.

Use the ideas below to make the activity more or less challenging depending on how you're finding it:

