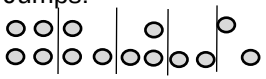
Remote Learning – PE
Week 5

This week the focus is on jumping

The lessons for the next few weeks will be written with the Sussex Virtual Winter Games in mind, https://www.activesussex.org/virtual/

Suggestion: You might want to try the challenges first, then work through the activities before trying again. Hopefully, you will see loads of improvement!

1. Warm up/ loosen up	• Decide on the space you are going to work in and move in lots of different ways. Remember to include walking; jogging; skipping; jumping; side-stepping; galloping. How else can you move?
2. Jumping investigation Jumps: 	• There are a number of different ways you can jump. Can you find all 5? Try and explain each way using the terms "take off" and "landing", e.g. I take off from 2 feet and land on 2 feet. • Remember to bend your knees to take off and also when you land. Can you jump without making a sound? • Remember to look where you are going as opposed to your feet. Your feet will always be at the end of your legs, you don't need to check… • Can you link together different jumps to make a repeating pattern? Can you remember and repeat the pattern? • *Make sure you are balanced between each jump* • Do using your arms help you jump? Do they help you stay balanced? Try jumping without your arms and then with them – do they make a difference?
3. Now try this	• Can you jump forwards/ sideways/ backwards? Can you jump with a turn? Try a ¼ turn and then a ½ turn. • What can you use to help you see if you complete each turn successfully? Do you find turning one way easier than the other? • Remember to bend your knees on take off and landing, how can your arms help you complete each turn successfully? • Remember to look where you are going, this might help you turn successfully • Now try the "Snowboarder's switch" challenge – how did you do? • How can you improve your score? Things to consider are fitness and technique, how can you improve these?
4. Jumping and agility	• Can you develop the repeating pattern you created by adding in different directions? E.g. jump 1 is forward, jump 2 is sideways, jump 3 is diagonal and repeat. • Can you now repeat your jumps 1, 2,3,2, 1 etc.? • Can you now repeat this change in direction just using 2-footed to 2 footed jumps? Can you put obstacles in the path of your jumps? This can start by being a ruler and gradually increasing the height to a rolled-up towel. • Start slowly and practice each jump ensuring you are balanced before attempting the next jump. • Remember to look forward and not at your feet • Now try the "Ski Slalom" challenge – how did you do? • How can you improve your score? Things to consider are fitness and technique, how can you improve these?
5. How far can you jump?	• How high can you jump? How far can you jump? Can you use your arms to jump higher/ further? • Try jumping as far as you can without your arms, compare this with jumping with your arms. • Think about the timing of your arms and legs; think about the angle you are taking off at to maximise your time in flight • Now try the "Ski Jump" challenge – how did you do? • How can you improve your score? Things to consider are fitness and technique, how can you improve these?

Now try the "Snowball Fight" challenge but **PLEASE** be safe!

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