

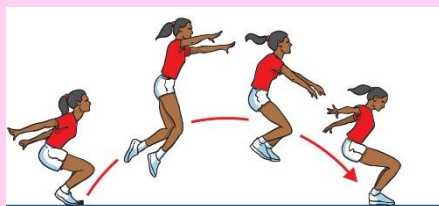
Spar Lancashire School Games

Year 3 - 6 Challenge!

Linked to Learn 1 - Athletics- 3 Jumps

You have been busy practicing your jumping. Are you ready to take part in our challenge?

1st Challenge: Standing Long Jump!



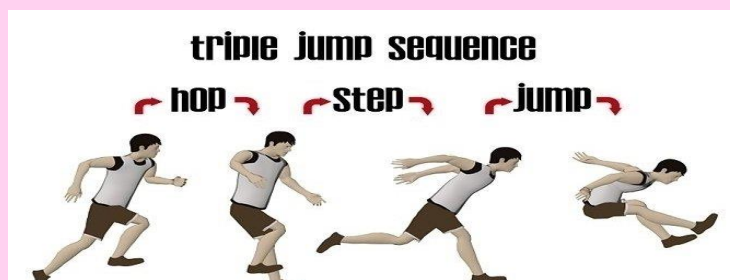
How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker with your feet 'shoulder width apart'
- Bend your legs and swing your arms
- Jump forward landing on both your feet
- Place a marker at the back of your foot where you landed
- See if you can jump further on your next go and achieve your personal best?
- See if you can beat your parent, carer or sibling

Are you ready for your second challenge?

You have been busy practicing your jumping sequences from your 'learn' cards. Triple jump is a sequence of 3 jumps.

2nd Challenge: Standing Triple Jump



Can you learn how to do the triple jump? How far can you jump?

- Place a starting marker on the floor
- Stand behind the marker with your weakest foot forward
- Take off from your front foot and land on the same foot (hop). Practice the hop a few times.
- Next add the step in, so when you land from your hop, now step and land on your opposite foot. Practice the hop-step a few times until you feel confident
- Add the final part, the jump! When you have landed from the step, take off from the same foot and land with both feet together. Practice your hop-step-jump until you feel confident.
- You are now ready for your challenge
- Stand behind your marker and attempt the triple jump trying to get as far as you can.
- Place a marker at the back of your foot where you landed
- See if you can jump further on your next go and achieve your personal best?
- See if you can beat your parent, carer or sibling

Video Demonstration

Share your videos and photos on:

We want to see you trying this challenges at home, please share your videos and photos to

[Twitter - @LancSchoolGames](#)

[Facebook - @LancSchoolGames](#)

[Instagram - @lancshireschoolgames](#)

Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers!