

Today we're
doing...



Early Years

Food to the Picnic Relay.

At one end of your house or garden put 6 small things in an open container (box, bowl, bucket). This is the picnic food that the bears forgot!

At the other end of your house or garden put an empty container where the bears will have their picnic.

(You can put your teddy with it if you want to.)

Take the picnic food to the bears one piece at a time as fast as you can.

Have a rest while the bears have their picnic and then take everything back one piece at a time as fast as you can.

If the bears are still hungry you might have to take them some more food!

Year 1 & 2

Warm up by running on the spot for 30 seconds then doing 10 star jumps, run again and then do 5 tuck jumps.

Mark your starting place by stretching out a skipping rope, laying down a stick or stretching out a jumper.

With your toes on the line jump forwards as far as you can and land on BOTH feet.

Mark where you land by laying a coloured pencil or pen by your landing place.

Try four more times and see how much farther you can get.

Think about how you can use your arms to help you get further forward.

Think about how your starting position can help you get further forward.

Try this again using different ideas to improve your jumping distance.

Which did you find is the best way to jump the greatest distance?

Year 3 & 4

Warm up by running on the spot for 30 seconds then doing 10 star jumps, run again and then do 10 squats, run again and then sprint on the spot and count down from 10.

Mark your starting place by stretching out a skipping rope, laying down a stick or stretching out a jumper. (Leave enough space - about 5 giant steps - for a run up to your starting place.)

Start your run up and jump forwards as far as you can.

Land on BOTH feet and mark your landing place by laying a coloured pencil or pen close by.

Take 5 attempts and see if you can improve your distance.

Have a short rest and think about what you could do to improve on your distance.

Could you jump with more height? Could you lean forward at take off?

Try again using your different ideas to improve on your distance.

What do you find is the best technique to jump furthest?

Year 5 & 6

Make yourself an obstacle to jump over by putting a broom handle or a skipping rope between the seats of two chairs or across the top of two buckets.

Warm up by running on the spot for 30 seconds then doing 10 star jumps, run again with high knees and then do 10 squats, run again flicking toes forward then sprint on the spot and count down from 10.

Gently jog towards your obstacle and jump over it using a one foot take off. Repeat this until you are confident. (Try changing your jump off foot to see if it makes it easier.)

Now you are confident run towards the jump and continue to run afterwards. *What adjustments might you need to make to your take-off or landing?*

When you are confident try to run a loop with the jump in the middle without changing your pace. You may need to count your steps on the run up to the jump and move the jump to make it practical.

When you are confident try to run 10 loops with a jump in the middle without having to change or adjust your speed.