



VIRTUAL SPORTS DAY 2020

KEY STAGE 2

What ?



JUMP TO IT!

You Will Need:

- » **Tape Measure**
- » **Marker (preferably tape)**
- » **Coin**

Why ?



- **Children can explore how to jump**
- **Children can jump and land safely from a different levels**
- **Children can complete simple movement phrases**

How ?



- ① **Rest your marker down on the floor**
- ② **Stand behind the marker in an upright position**
- ③ **Place your feet shoulder width apart; lower into a squat position; swing arms back to then propel forward; jump as far as you can; land on soles of your feet; put you coin down by the toe of one of your feet**
- ④ **Measure how far you have landed; record your best score from 5 attempts (submit in centimetres)**

#HavingFunSafely

