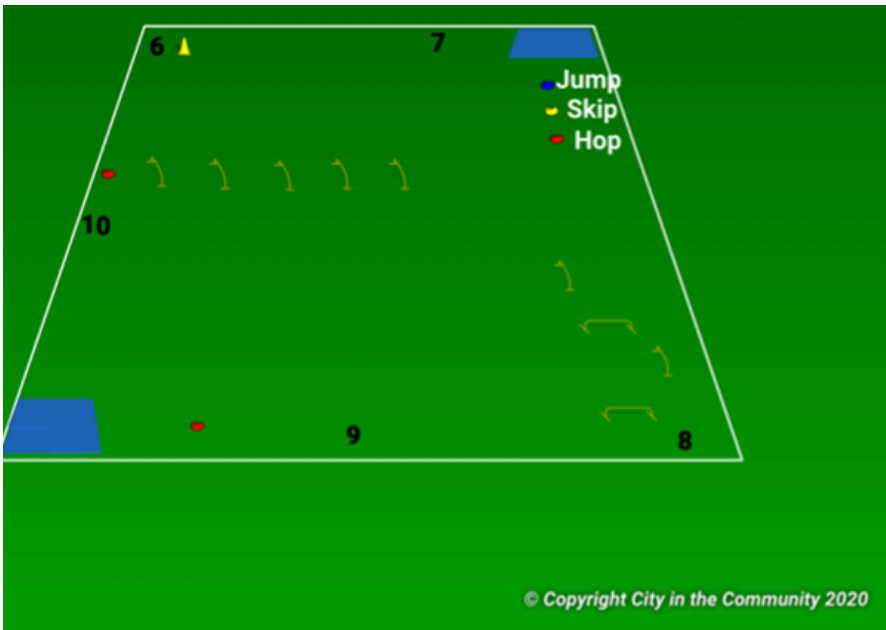
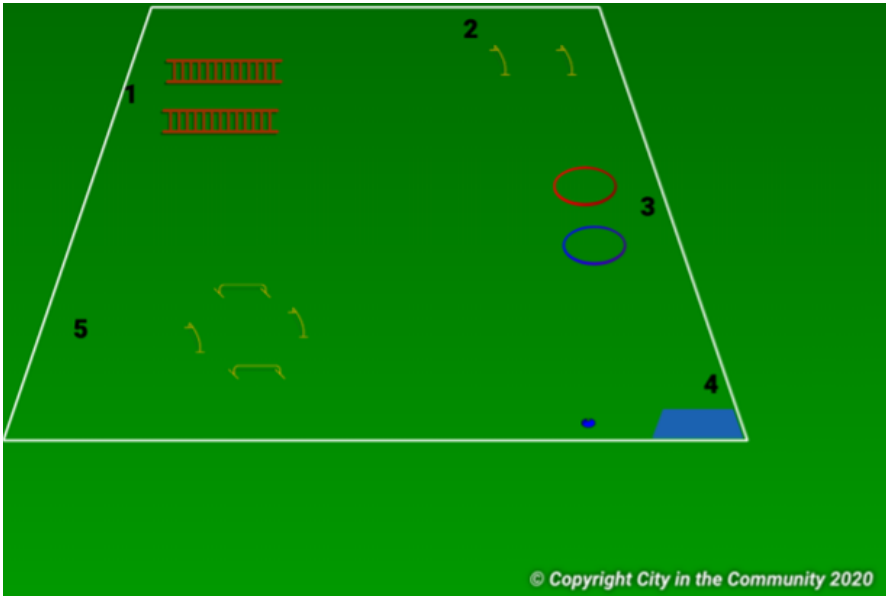


Be Active



EQUIPMENT:

Ladders, hurdles, hoops, mats,
cones

Measuring tape/stick, timers,
white boards, pens, post-it notes,
chalk

PREPARATION:

Set-up the jumping circuit as shown in the diagrams. There are 10 different jumps, these can be done at the same time or split across different days/weeks for the pupils to practice

ADAPTATIONS:

Pupils can keep score by measuring or timing their performance

Can they improve performance on the next go? Can they achieve a PB (Personal Best)?

ACTIVITY:

1. Ladders - pupils explore the different ways they can jump through
2. Speed jump - jump over the hurdle as many times as you can in 30 seconds
3. Hoop jump - one player holds the hoop, can the other player jump into the hoop? Raise it slightly each time (not above knees)
4. Standing Jump - toes against the mat, bend knees, swing arms, jump as far as you can onto the mat. Mark with cones or tape measure
5. 4 way Hurdles - start in the middle. Jump forward, to the left to the right, backwards. Can you create different sequences?
6. Vertical Jump - how high can you jump? If possible have a person marking the wall with a post it note/chalk
7. Triple Jump - cone out hop, skip and jump. Land on mat (if possible). Mark distance with cones or tape measure
8. Hurdles - different directions. Jump over, have two or three different heights if possible
9. Run and Jump - players run from the cone and jump onto mat, mark distance with a tape measure or cones
10. Hurdles - jump over two feet, one foot at a time, players can time themselves

Let us know how you get on with this challenge @citctweets