

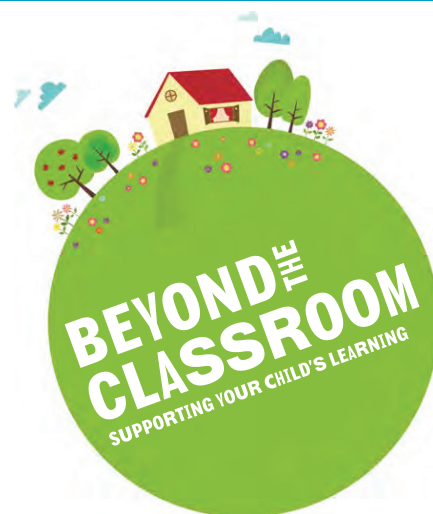
JUMPING FOR DISTANCE

Léim



Introduction

Jumping is the transfer of weight from one or two feet to two feet. Jumping for distance involves jumping forwards as far as possible from two feet, landing on two feet. **Jumping for distance** plays a huge role in many playground games such as hopscotch. It is also important in both gymnastics and dance.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Get ready by bending knees, hips, ankles and arms behind the body. Keep head up and eyes looking forward.

[Click here for video](#)

Home Activity B

Push off from both feet at the same time. Straighten and extend arms and legs when they are in the air.

[Click here for video](#)

Home Activity C

Land on both feet.

[Click here for video](#)



Jumping for distance

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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Move Well, Move Often:

Developing the physically literate child through the lens of fundamental movement skills

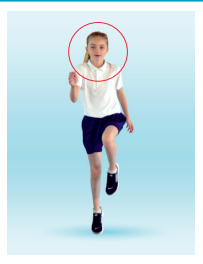

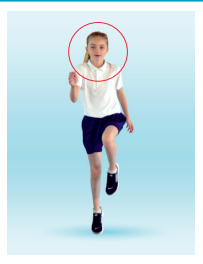

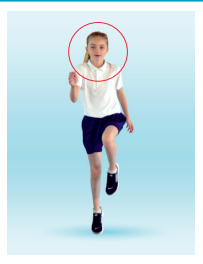


PDST
Professional Development Service for Teachers | An tSeirbhís um Fhorbairt Ghairmiúil do Mhúinteoirí

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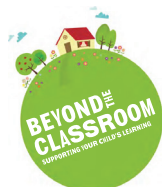


Home Activity A

<p>Warm Up</p>	<p>Mr. Men: Move around the playing area to match the following characters: Mr. Muddle - walk/run backwards Mr. Strong - move flexing your muscles Mr. Rush - move quickly Mr. Slow - move slowly Mr. Bounce - bounce around Mr. Small - crouch down and move</p>						
<p>FMS Focus</p>	<p>Today when jumping can you focus on...</p> <table border="1" data-bbox="256 629 1538 891"> <tr> <td data-bbox="256 629 687 891"> <p>Get ready by bending knees, hips, ankles and arms behind the body</p> </td> <td data-bbox="692 629 895 891">  </td> <td data-bbox="900 629 1331 891"> <p>Keep head up and eyes looking forward</p> </td> <td data-bbox="1335 629 1538 891">  </td> </tr> </table>			<p>Get ready by bending knees, hips, ankles and arms behind the body</p>		<p>Keep head up and eyes looking forward</p>	
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<p>Jumping for distance Practise</p>	<p>Jumping Spots</p> <p>Description of Activity Give each pupil a spot marker, and invite them to find a space in the playing area where they are not in contact with anyone else, and place their spot marker on the floor. On a signal, or when the music plays, pupils begin to walk around the playing area. On a second signal, or when the music stops, pupils jump onto the closest spot. The teacher invites pupils to perform a jumping action such as: jump on and off the spot jump from side to side over the spot jump around the spot jump forward and backwards over the spot perform a star jump in the air and land jump as far away as possible from the spot</p> <p>When the music plays again, pupils continue moving around the area using a different locomotor skill e.g. run, hop, skip.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Use a hula hoop, chalk or a circle of small stones in place of spot markers. • Remember to land safely when jumping. See the Beyond the Classroom activities for landing to work further on this skill. 						
<p>Home Challenge</p>	<p>The Family Picnic: Place a variety of household objects around the playing area. Starting at one end of the playing area jump into the space and collect one object at a time. After collecting the object you are allowed to run back to the picnic basket at the start with the item. How quickly can you and a family member collect all the objects to make the picnic? Try and beat your own score/time. For more challenge jump back to the 'picnic basket' with the item held between your legs.</p>						
<p>PE Journal</p>	<p>When and where do you jump? In your PE journal list at least 5 times or places when you use the skill of jumping for distance. These could be games, sports or everyday activities. Draw a picture of your favorite jumping activity.</p>						



▶ [Scan here for video](#)



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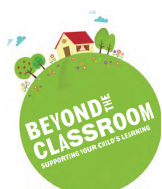


Home Activity B

<p>Warm Up</p>	<p>Jump around the playing space like a variety of different animals: Kangaroo/dinosaur - jumps with hands tucked into belly Frog - squat down with two hands touching ground between legs before jumping. Jump forward and land with hands and feet on the ground Rabbit - crouch and move hands forward, then jump feet in and repeat Monkey - crouch low and jump sideways with arms and legs touching ground at same time Can you recreate the jumps of any other animals?</p>						
<p>FMS Focus</p>	<p>Today when jumping can you focus on...</p> <table border="1" data-bbox="252 705 1543 965"> <tr> <td data-bbox="252 705 687 965"> <p>Push off from both feet at the same time</p> </td> <td data-bbox="687 705 895 965">  </td> <td data-bbox="895 705 1331 965"> <p>Straighten and extend arms and legs when they are in the air</p> </td> <td data-bbox="1331 705 1543 965">  </td> </tr> </table>			<p>Push off from both feet at the same time</p>		<p>Straighten and extend arms and legs when they are in the air</p>	
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<p>Jumping for distance Practise</p>	<p>Where's North?</p> <p>Description of Activity Pupils find a space within the playing area, standing on their own spot marker. The direction cards are placed on the four walls of the playing area to indicate directions. The teacher calls a variety of jumping commands for pupils to perform using the direction cards, e.g. jump west, then jump north, then run to the east wall.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Add in extra compass points such as north east, south west etc. • Create your own sequence of compass jumps 						
<p>Home Challenge</p>	<p>Dice jump/Card jump Each player rolls the dice. Jump for distance the amount of times shown on the dice. Stop on the spot after completing your last jump and mark your place. Repeat rolling the dice in turn. Which family member can reach the end of the playing area first? If no dice is available, use playing cards from 2-9. Draw a card from the pile in the middle of the playing area and jump the amount of times shown on the card.</p>						
<p>PE Journal</p>	<p>Create your own game that involves the skill of jumping for distance. In your PE journal describe the game you created.</p>						



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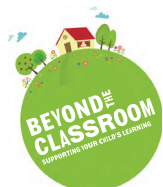


Home Activity C

<p>Warm Up</p>	<p>Popcorn jumping Imagine you are the popcorn in the bag/pot that is being cooked. Jump (pop) around in a variety of different ways to cook the popcorn. Two feet to two feet Two feet to one foot One foot to one foot (Jump and land on same foot) One foot to one foot (Jump and land on opposite foot) One foot to two feet Star jump - jump, make star shape in air and land Tuck jump - jump bringing knees up high to belly and land</p>						
<p>FMS Focus</p>	<p>Today when jumping can you focus on...</p> <table border="1" data-bbox="256 707 1535 969"> <tr> <td data-bbox="256 707 683 969"> <p>Land on both feet</p> </td> <td data-bbox="687 707 895 969">  </td> <td data-bbox="900 707 1326 969"></td> <td data-bbox="1331 707 1535 969"></td> </tr> </table>			<p>Land on both feet</p>			
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<p>Jumping for distance Practise</p>	<p>Shark Infested Waters</p> <p>Description of Activity Set out a large quantity of spot markers and hoops as islands for pupils to land on. Arrange pupils in groups of four and position them at one end of a defined playing area. Invite the first group to jump their way from island to island to the other end of the playing area. When the first group have completed the task, invite the second group to take a turn, and so on. Pupils should try to avoid landing in shark infested waters.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • Do this activity indoors with pillows or outdoor with chalk/tape/stone circles • Make a map of 'safe' islands to land on. If you land on an unsafe island return to the start • Jump in different pathways - straight, zig zag, curved 						
<p>Home Challenge</p>	<p>Practise jumping for distance from a standing position. Measuring your jump using a measuring tape or by marking a point on the ground. Invite family members to practise and try to beat their own records. Can you jump the length of your own body? Record your results in your PE journal and note any improvements over a period of time.</p>						
<p>PE Journal</p>	<p>Investigate the current mens and womens world record for the long jump. Record the distance in your PE journal and measure the distance in your playing space.</p>						



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