

Take Home Jumping B3

1. Practise jumping with a skipping rope in the yard or at home.
2. In your PE journal, invite pupils to complete a 'Two Stars and a Wish' activity related to their own jumping technique. Two stars means two things that they are doing well and the wish illustrates one thing they would like to improve.
3. Practise jumping for distance for the next three weeks, measuring your longest jump regularly in your PE journal. Draw your results on a chart or graph.
4. In your PE journal, list some exercises that make you breathe harder. Write about why this happens, and why it is important to engage in physical activity every day.
5. In you PE journal, list as many different types of sports that use jumping as you can.
6. In your PE journal, write a list of professions that require good jumping skills.
7. Place a ruler on the floor in your garden, or use a line in the pavement. How many times can you jump over the line, two-feet to two-feet in one minute? Write the number in your PE journal. Practise every day for one week and see if you could increase this number.
8. This week, practise your jumping technique while doing other things at home e.g. watching TV, brushing your hair, walking down the hall, waiting for the bus, on the phone ,etc.