

Take Home Landing B3

1. At home, measure how far you can jump. Ask a family member to help you.
2. Research the male and female World Record holders for the long jump. Write their names and descriptions in your PE journal. Draw a picture of their landing technique.
3. Think about different ways to land safely. Is it always best to land on our feet? Draw three different landing techniques in your PE journal.
4. Draw a picture of correct landing technique in your PE journal and highlight some of the key teaching points of good technique.
5. Design a jumping and landing sequence. Draw it in your PE journal and practise with a friend at home or in the yard.
6. Create an obstacle course in your home or garden to practise landing. Draw the course in your PE journal. Invite a friend or family member to complete the course with you.
7. Set up a jumping lane at home and practise landing with friends or family members.
8. Practise Landing around the Compass in the yard with your friends.