Monday 22nd February Home Learning

PE

Today it’s all about the jumping! Remember to warm up safely. Walk briskly on the spot, circle your arms, nod your head, then march on the spot and gently jog.

Today this is going to be a mini pentathlon to include all different jumps.

Jump 1. Do 3 small bounces then one huge jump. Can you do this for 60 seconds?

Jump 2. Jump from left to right. Try to jump as far as you can from where you are standing to the right, then jump back to where you started, then jump to the left.

Jump 3. Put some tape down on the floor. Stand with your feet behind the line then jump as far as you can. Measure how far you can jump, then see if you can improve this next time. Repeat this 10 times.

Jump 4. Bunny bounce for 60 seconds. Hold your hands out and jump to hit your knees on your hands. How many can you do in 60 seconds?

Jump 5. Make up your own jump. This could be silly or really challenging.

Enjoy your jumping!