**Home Learning – Friday 26th February 2021**

**PE**

**Warm Up:**

To warm up today, I suggest going for a walk before you carry-out your challenge, or completing a selection of the exercises below. This will raise your heart-rate and get your blood pumping 😊

X20 Star Jumps X10 Sit-Ups

X10 Press Ups Jogging on the spot for 60secs

X20 Squats (Bending your knees!)

**Main Activity:**

Your main task today is going to be focused on the ‘long jump’. Have a look at this video of some record-breaking long jumps – notice how they swing their arms in the air to get a bit of height:

<https://www.youtube.com/watch?v=9nhD8R6nAhQ&ab_channel=MisterFilOfficial>

Last lesson we practised lots of standing jumps. This time we will be adding a run up to see how far we can jump. **Start off** by practicing jumping from your right-foot and then swap to jumping from your left-foot. *Which was easier for you?*

You should land on both feet and lean your weight forward to ensure you don’t fall back.

I suggest you lay out some markers in your garden or in a park like the ones below:



*Start Running Jump Land*

You just need a marker to start from, then a marker to jump from.

Your run needs to help you gather speed and power and then you use that power to jump off your preferred foot – whichever foot feels better for you. **Try to land on two feet!**

Have a few goes, and then measure your furthest three jumps using a tape measure. Record them and send them to me 😊

**Don’t forget there’s always PE with Joe you could watch. We enjoy his Friday work outs because he’s always dressed up!**