

P.E – Jumping

LI: To jump as far as I can.

Challenge yourself to jump as far as you can. Try different methods:

- Take off from 2 feet, using your arms and bent legs to help you take off.
- Take off from one foot, using a run up to give you more power.

Which type of jump works better? Use a measuring tape (if you have one) and marker to show where you jump each time. Can you beat your distance if you try the next day?



We used a skipping rope to show where you had to jump from.



The stone shows how far we each jumped.