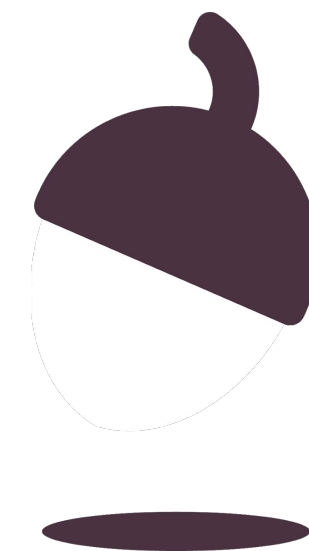


Physical Education (PE) - Athletics

# Jumping for height

Mr Lindley



**OAK**  
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# Athletics: Lesson 3 - Jumping for height

In this lesson, you will be developing your jumping skills which will help with both the high jump and long/triple jump in athletics.

## Learning intention

- **Physical:** to apply effective jumping technique to gain height.
- **Personal:** to make informed choices to influence performance and solve athletics based problems.

## Tasks

### 1) Toilet Roll Tower

- Create a tower by placing 3 toilet rolls on top of each other
  - Using a 2 foot to 2 foot jump, and swinging your arms, jump forwards over the tower, landing with a solid, 2 foot landing.
  - Repeat adding extra toilet rolls. What is the highest tower you can jump over?



## 2) Toilet Roll Tower 2

- Repeat the previous activity but take off from 1 foot, driving the opposite knee upwards to gain height and power.
  - Land on 2 feet.
  - Perform jumping forwards over the tower and then side to side.
  - Extend by adding in a 3-step 'run up' to increase the difficulty of the activity.

## 3) Toilet Roll Tower 3

- Perform a triple jump combination (hop, step, jump) without the toilet rolls.
  - Repeat but add the toilet rolls back in, so that you have to jump over a toilet roll at each transition.



## Learning questions:

Explain what helps athletes gain height when jumping.

Analyse what happens to your body control when you perform the triple jump combination.

## STEP

**S** - Increase/reduce the distance between the toilet rolls

**T** - Continue to use a 2 foot to 2 foot jump or take off from your weaker, non-dominant leg

**E** - Increase/reduce the number of toilet rolls in the tower

**P** - Change your arm position to above your head/arms by your side

