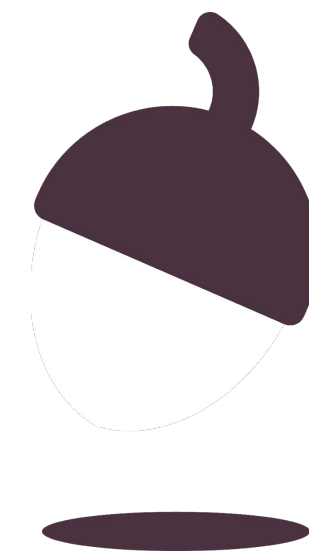


Physical Education (PE) - Athletics

Jumping for height

Mr Lindley



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Athletics: Lesson 3 - Jumping for height

In this lesson, you will be learning the key elements required for jumping for height and challenging yourself to apply these skills in various challenges.

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 to the tower.



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.
 - Extend by adding in a 3-step 'run up'.

3) Toilet Roll Tower 3

- Repeat the previous activity, this time using a scissor kick technique (as demonstrated by the teacher).

Learning questions:

What effect does driving your knee and swinging your arms have on the height of your jump?

Why is the scissor kick a more effective jumping technique when jumping for height?



STEP

S - Increase the depth of your toilet tower (2 towers of toilet rows next to each other)

T - How many successful 2 foot to 2 foot jumps can you perform in 20 seconds?

E - Add or remove toilet rolls to the towers you are jumping over

P - If there is someone at home, can you both have a tower and jump in unison?

