

Athletics Jumping Pack

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Source: Elevating Athletics Primary Teaching Pack



How to: Athletics Jumping Teaching Tips

Safe Take-Off and Landing

- Imagine legs are springs.
- At take-off, bend knees and push hard with legs.
- Encourage soft bent knees when landing.
- Unless there is access to a soft landing sand pit then avoid any kind of run-up.
- One or two step strides only.



Using Arms

- Swing arms from back to front.
- Reach forward and upwards.



Athletics Jumping Combinations - Ladders

Task

- Link multiple step/jump combinations with balance and control.
- Small groups work together.
- Mark an area where pupils can perform a sequence of 6 evenly spaced steps and/or jumps.
- Use grids, playground lines, agility ladders, skipping ropes or chalk lines on ground.
- Take turns to explore different ways of travelling along the ladder.
- Start with simple sets of steps, hops or jumps and progress toward a combination or sequence.
- Encourage greater speed and rhythm.

Challenge

- Take turns to make up a sequence for others to copy.
- Call out instructions to others to follow using commands: same(foot), other (foot) both (feet).
- Change the number of movements made (3-6).



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Athletics Jumping for Height- Changing Arms

Task

- Use arms to jump for height.
- In pairs, take turns to jump as high as possible with arms in different positions.
- Partners watch and decide which arm position is the most effective.
- When is the best time to use arms? (just when you have pushed off with your legs).

Ways to jump:

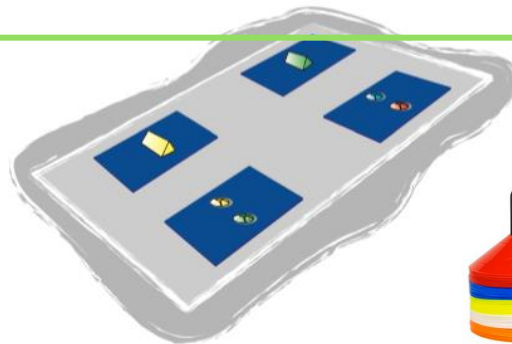
- Arms at side.
- Hands on hips.
- Hands on head.
- Swing arms from low to high.
- Arms swing slowly.
- Arms swing fast.
- Swing one arm up.
- Swing arms from back to front of body.



Athletics Jumping for Height - Line Bounce

Task

- In pairs, take turns to bounce with both feet on one side of a line.
- On partners command “go”, bouncer jumps sideways across the line and back as many times as possible for 10 seconds (use mississippi seconds to count).
- Imagine the floor is very hot so bounce quickly!
- Swap roles.
- Remember safety when landing feet/foot flat on the floor, soft bent knees to cushion landing.



Challenge

- Jump side to side with partner trying to keep time with one another.
- Take turns doing bounces and see how many you can do in 1 minute.
- Use a low obstacle to cross instead of a line.



Athletics Jumping for Height - Target Jump

Task

- Jump for height from standing.
- Organise groups of similar height.
- Stick target strip to the wall at a height where everyone in the group can touch the 0 when standing with one arm stretched straight above their head (coloured chalk lines could be drawn instead of using a pre-made target strip).
- Pupils take turns to jump and touch the target strip as high as they can.
- Experiment with starting in different positions: Standing straight, crouching, touching ground.
- Record best three scores and add together.

Challenge

- Stand facing or sideways on to the wall.
- Have a little bounce before the jump.
- Take off from one foot after a step forward.
- Swing one arm or both arms up.



Target Strip
10
9
8
7
6
5
4
3
2
1
0



Athletics Jumping for Distance - Feet First

Task

- To take off from different positions.
- Demonstrate control in landing.
- In pairs, take turns to jump using different take off and landing positions.
- Partners use a bean bag to mark different take off and landing positions.
- Which combination of the different jumps produce the longest distance?
- What is the safest way to land? (feet flat on the floor, soft bent knees to cushion landing)

Ways to jump and land:

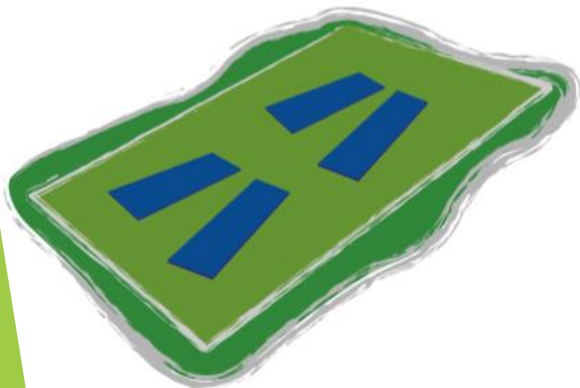
- two feet to two feet
- one foot to one foot
- one foot to two feet
- two feet to one foot



Athletics Jumping for Distance - Jump the Stream

Task

- Use arms and legs to increase ability to jump further.
- Mats, chalk lines, tape or skipping ropes can be used to mark out the stream.
- Place mats, lines etc in a long narrow V shape.
- The gap is the stream. We don't want to get our feet wet!
- Start jumping at the narrow end, work gradually toward the wider end, jumping further.
- Try jumping combinations: two feet to two feet, one foot to one foot, one foot to two feet etc. Which one is the most successful?
- Remember safety when landing feet/foot flat on the floor, soft bent knees to cushion landing)



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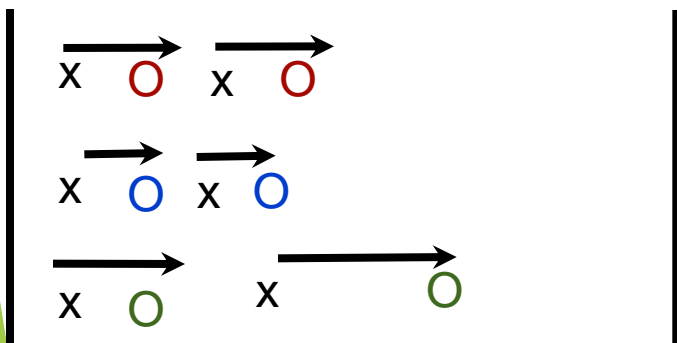
Athletics Jumping for Distance - Time Machine

Task

- Aim to swing arms upward and forward, jumping for distance from two feet to two feet. Soft bent knees when landing.
- Set a travel zone of approximately 5-10 meters.
- In pairs with one hoop.
- One pupils stands in hoop, the other lifts the hoop over their head and places it on the ground in front.
- Jump into the hoop. Partner repeats lifting hoop over head and place a little further or closer. Repeat jumping into hoop until the finish line.
- Swap places.
- Repeat, trying to improve distance jumped.



Everyone jumping within their own comfort zone



Challenge

- Vary the distance to challenge partner.
- Team up with another pair and have a jumping race.
- Remember to always jump and land safely.



Athletics Jumping for Distance - Head, Shoulders, Knees and Toes

Task

- Jump for distance from two feet to two feet.
- Organise groups of similar height
- Use mats or ensure the ground is clean
- One pupil lies on the mat/ground, others use chalk to draw around their team mate.
- Pupils take turns to see how far along the body length they can jump.
- Watch where the jumper lands and mark the heel position with chalk or bean bags at the side.
- Use these markers as targets for future jumps.
- Take turns at jumping, try to improve distance on each jump.
- What was your best jump? Toes, Knees, Shoulders or Head?



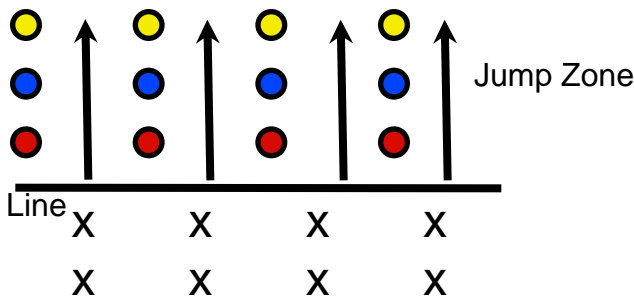
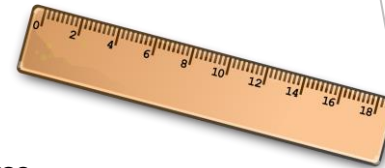
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Athletics Jumping for Distance - Standing Long Jump

Task

- Jump for distance from two feet to two feet.
- This is called a Standing Long Jump.
- **The World Record is held by Byron Jones, 3.73m**
- Use small cones placed approximately 50cm apart for the jumping zone.
- Toes behind a take off line.
- Spring forwards and upwards, soft bent knees to land.
- Remember **NO RUNNING!**
- Mark the heel position where the jumper lands with chalk or bean bags.
- Use these markers as targets for future jumps.
- Take turns at jumping, try to improve distance on each jump.
- Measure distance jumped.



Challenge

- Did you jump a world record today?
- Calculate the difference between the distance you jumped and Byron's world record.
- Who in your group/class got the closest to Byron's world record?

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