

# Spar Lancashire School Games

## Learn!

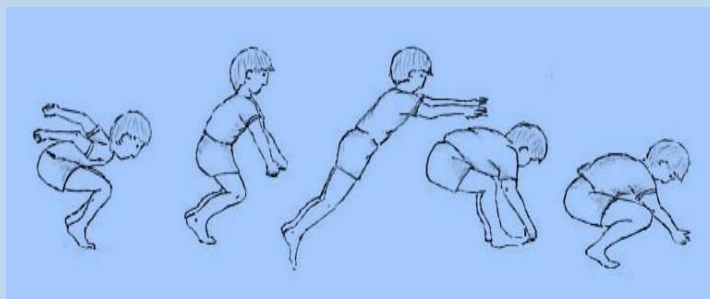
### Skill 1: Jumping

**Equipment:** Plastic bottle, tins, socks, tea towel/towel

**Aim:** To choose two or three different jumps and put them together to travel as far as possible.

#### Task 1 - Jump the Stream

From a starting point jump from 2 feet to 2 feet (two or three times depending on distance you have) and mark how far you have jumped using piece of equipment. **(This is the distance to beat in Task 2 & 3)**



#### Points to help improve jumping 2 feet to 2 feet

- Start in the ski position with arms back behind you in preparation to jump.
- Swing arms forward and take off
- Land on both feet and bend knees

**Task 2** - From the same starting point jump from 2 feet to one foot (2-1), one foot to 2 feet (1-2) and 2 feet to 2 feet (2-2). **Did you beat the distance from Task 1?**

**Task 3 - Challenge and thinking task** - Create a sequence of jumps and leaps to cross the stream

- Can you try jumping from 2-2, 2-1, 1-2, and 1-1?
- Which of the combinations you create gets you past the distance from Task 1?
- Record which combination of 2 or 3 jumps you created gets you the furthest distance.

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#### [Video Demonstration](#)