



#stayhomestayactive  
#PEatHome



## EXPLORE

Find a small space ideally with a soft landing.

How many different ways can you find to jump?

Bright ideas:

- How far can you jump?
- How high can you jump?
- Can you jump from side to side?
- Can you jump and turn?

*Can you jump far, high, right, left, backwards, forwards and repeat?*

*Now add some music to your jumping to make it more fun.*

@KESSPB

@awhitehousePE

@SarahLayPE

Where can I go to take part in more athletics?

<https://clubhampk.co.uk/clubs/rowheath-athletics-club/>  
<https://www.birchfieldharriers.com/>  
<https://rccac.co.uk/>



## PRACTICE

Draw out a hopscotch like this one to practice your jumping

*You can use chalk, tape or squares of paper.*

**Start on number 1**

- \* Can you jump forwards and sideways on to each number in order?
- \* Can you jump far over the double numbers?
- \* Can you jump high in the air and land carefully on every number or just odds and evens?



### Maths Challenge!

Draw a clock on the floor with chalk or mark the position of the numbers with small objects

Pretend you are the hands of the clock!  
Start in the middle and jump with two feet



- \* Jump to 12 o'clock and back
- \* Jump to half past and back
- \* Jump your way around the clock from 1 - 12 and back again from 12 - 1

### Design Technology Challenge

Can you draw around your family's feet?

Can you cut the feet out?

Put them in a line, toe to heel.

Can you jump the length of your family's feet?



Make sure you have enough room to complete the tasks!



### Parent's Tip!

Let your child be the teacher!  
They will love coming up with ideas and telling you what to do. You will be amazed at how creative they are.



## DEVELOP

Can you draw out your own hopscotch grid and practice improving your jumping?



Look up the rules of hopscotch  
Can you teach a member of your family how to play?



Invent your own rules for your hopscotch grid and challenge your family to play.

**KS1**