



#stayhomestayactive
#PEatHome

EXPLORE



Find a safe space.
How many different animals do you know that jump, hop or leap?



Bright ideas:

Try out lots of different ways of hopping, jumping and leaping in your space.



Can you add some jumping music to make this more fun?

@KESSPB
@awhitehousePE
@SarahLayPE

Where can I go to take part in more athletics?

PRACTICE

Find 10 small soft objects
You can use your toys to help you!



Jump **OVER** them.
Jump **AROUND** them.
Jump **BEHIND** them.
Jump **IN FRONT** of them.



Tell your family which jumps you like best. Can you say why?

Communication and Language

Find out how to play 'Simon Says'

Play this with your family using the animals we thought about when you explored your jumping.
Simon Says "jump like a frog"
Simon Says "hop like a grasshopper"

What other 'Simon Says' can you come up with together?

Understanding the World

Did you know this about kangaroos?

* They can hop quickly on 2 legs, and they can walk slowly on 4 legs.

* They can't walk backwards.

* They can swim!

Can you find out where kangaroos live and any other fun facts about them?



DEVELOP



Time to work on landing without any wobbles!

Put down a small square of paper – make sure it won't slip!

Jump **ONTO** your paper.
Jump **OFF** your paper.

Top Tips for wobble free landings

Land feet apart
Bend your knees
Stretch arms out in front
Keep your head up
Look straight ahead.

Parent's Tip!

Allow your child to explore lots of different ways of jumping, hopping and leaping. Encourage them to be creative!



Make sure you have enough room to complete the tasks!

EYFS

