

**how to set up:**

- Pupils are given a object each to jump over.
- This object could be a cone, hurdle or a hoop.

**Use all the space available  
and spread children out.  
Encourage pupils to be  
patient and independent.**

**equipment:**

- Cones
- Hurdles
- Hoops

**Cleanse thoroughly  
before & after use**

**how to score:**

- How many jumps can each pupil complete in 30 seconds?

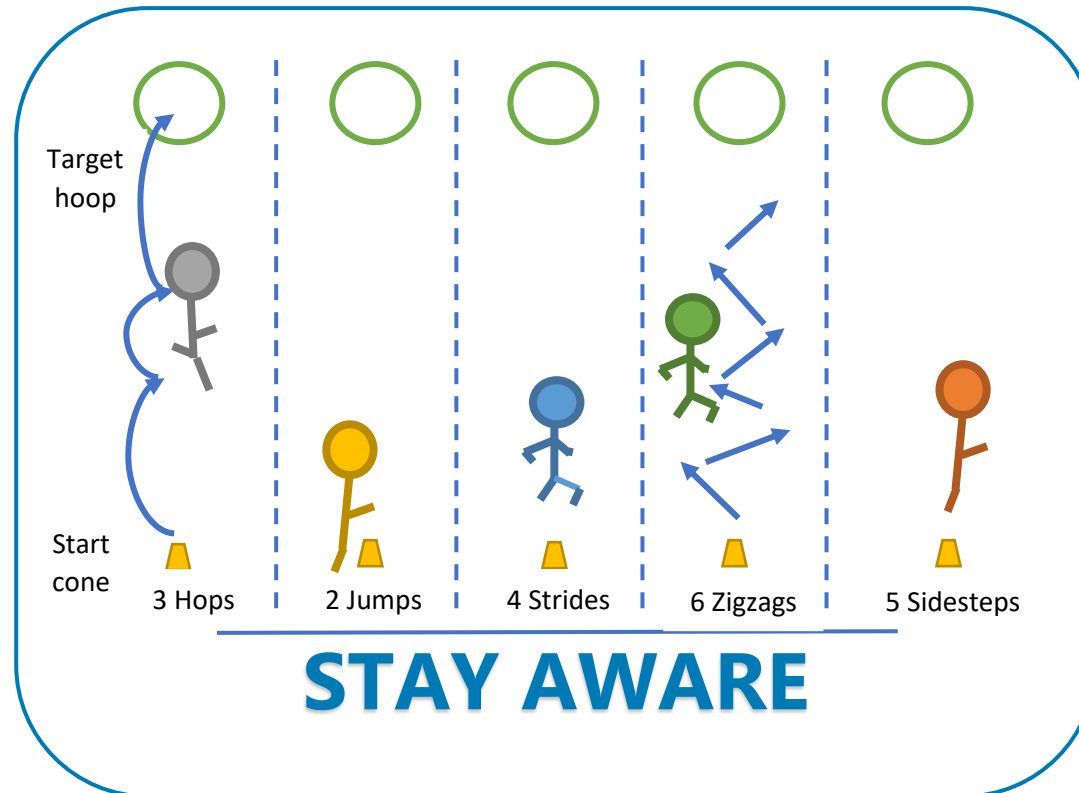
**how to play:**

- Pupils must jump over their object and count how many jumps they can do in 30 seconds.
- There are different jumps that can be completed in speed bounce.
- Pupils can be challenged to try:
  1. Sideways
  2. Forwards
  3. Backwards
  4. Single leg
- Pupils try use the jumping technique: swing their arms, keep head up and bend their knees when landing.

### how to set up:

- Pupils start from a cone and finish on a second cone or in a hoop.
- Ensure each jumping area is in a good space away from others.

**Use all the space available and spread children out. Encourage pupils to be patient and independent.**



### equipment:

- Cones
- Hoops

**Cleanse thoroughly before & after use**

### how to score:

- Pupils must try reach the hoop/cone in the least number of moves.

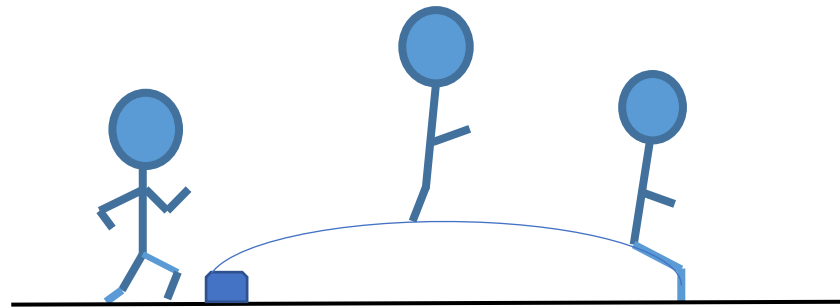
### how to play:

- Ask the pupils to challenge themselves to reach the target hoop in different ways. The diagram above shows some examples of getting to the target hoop.
- Ask the pupils to come up with different combinations of jumps to get to the target hoop – this will encourage improving their technique and being competitive with other pupils to see who can get there first.
- Pupils don't need to move from their area, simply call out and demonstrate the movement required.
- To make this activity easier or harder move the target hoop to the appropriate distance.

### how to set up:

- Pupils will work on their own or pairs keeping their distance.
- They require a cone and a suitable space to work in.

**Use all the space available and spread children out.**  
**Encourage pupils to be patient and independent.**



## STAY AWARE

### equipment:

- Cones
- Tape Measure

**Cleanse thoroughly before & after use**

### how to score:

Measure how far pupils jump by laying cones in a line and count how many they have cleared or spread out several tape measures.

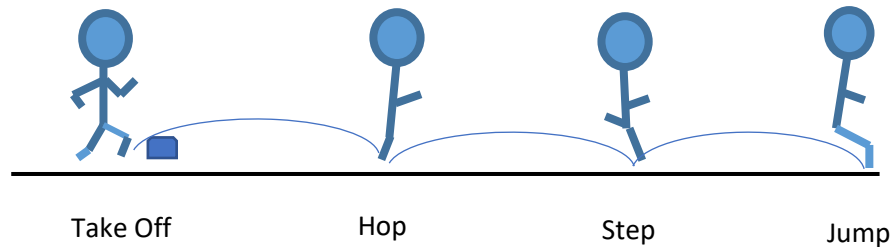
### how to play:

- The aim of the activity is for the children to develop their long jump technique incorporating a long jump
- Remind the children of the key elements of the take-off:
- Take-off from one foot – bend the knee, then push up and forward to drive off the ground
- Swing the arms holding the arms in an L-shape, move them back behind the body, drive them up and forward as you perform the jump
- Land on the balls of the feet, quickly push the heels into the ground and bend the knees to cushion the landing
- The pupils should then work in pairs and introduce a run up to the long jump.

### how to set up:

- Pupils will work on their own or pairs keeping their distance.
- They require a cone and a suitable space to work in.

**Use all the space available and spread children out. Encourage pupils to be patient and independent.**



**STAY AWARE**

### equipment:

- Cones
- Tape Measure

**Cleanse thoroughly before & after use**

### how to score:

Measure how far pupils jump by laying cones in a line and count how many they have cleared or spread out several tape measures.

### how to play:

- Ask the pupils to move around their area in the 3 different actions involved with the triple jump:
- Hop - try hopping on both feet
- Step - perform large strides
- Jump - jump from one foot to two feet
- When the action is called out the children should move in the appropriate way. Once the children have practiced the three separate actions they should link them together. Hop, Step, Jump - ask the pupils to run up and take off from their starter cone.

### how to set up:

- Pupils will be competing in their own zone.
- Make sure there is enough space for them to compete in, jumping events.

**Use all the space available and spread children out. Encourage pupils to be patient and independent.**



### equipment:

- Cones
- Paper & Pen

**Cleanse thoroughly before & after use**

### how to score:

Pupils will use cones to measure how many they have cleared and write down their own score.

### how to play:

- Pupils will be in their own zone competing in jumping events: Long jump & triple jump.
- Pupils will use the correct jumping technique used for triple and long jump.
- Set cones up for pupils to measure how far they can jump.
- All pupils will jump together on the teacher's command.
- Remember: If space doesn't allow every pupil to be working at the same time, ensure waiting pupils are 2M back and in their own waiting space.

**how to set up:**

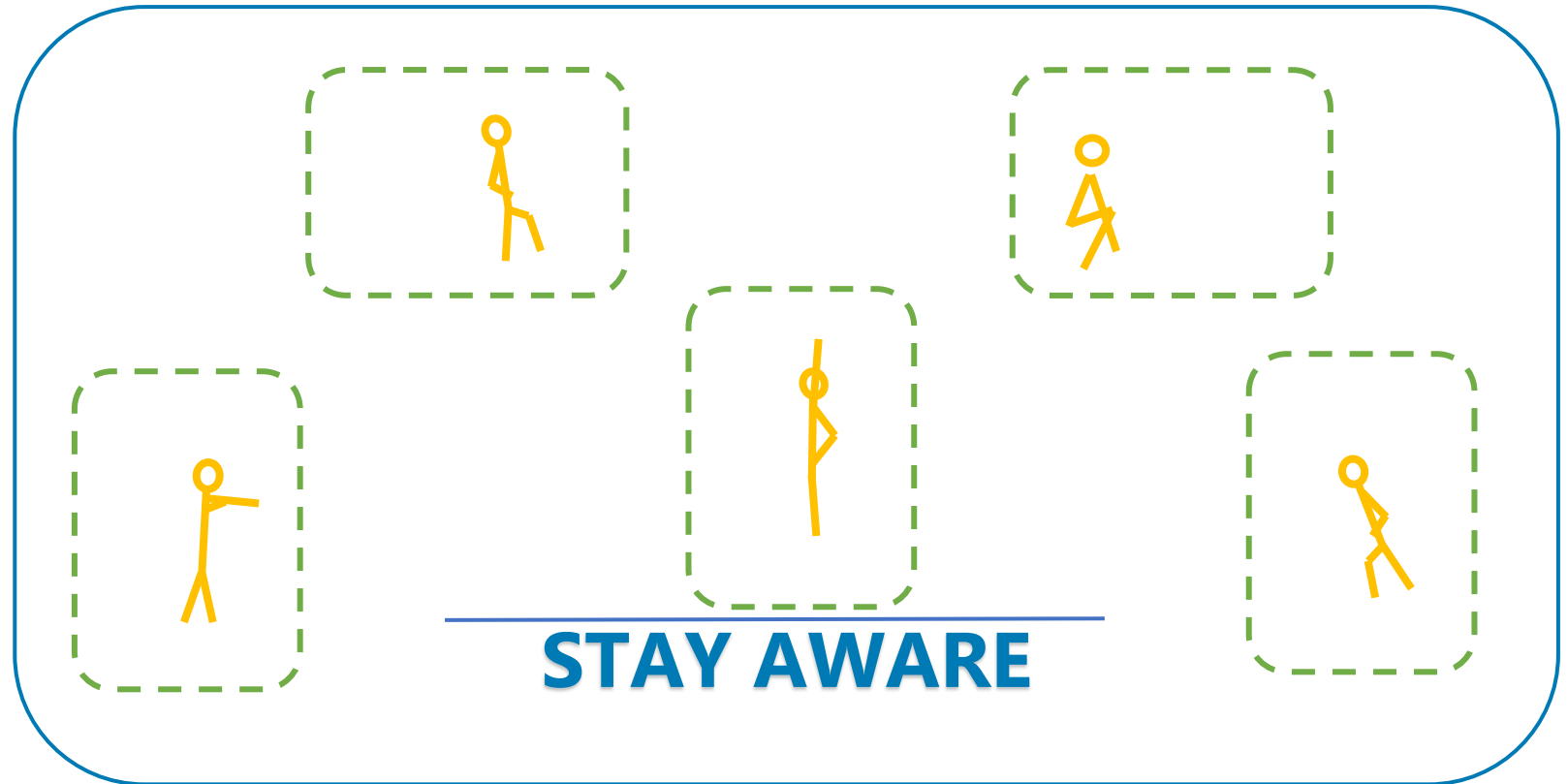
- Pupils stay inside their zones listening to instructions.

**Use all the space available and spread children out. Encourage pupils to be patient and independent.**

**equipment:**

- Cones

**Cleanse thoroughly before & after use**

**how to play:**

- Ask the pupils to walk slowly around their own area.
- Call out different parts of the body e.g. Leg, arm, hand, head etc.
- When a part of the body is called out the children should stop where they are and slowly shake that part of their body for the count of 5 and then start walking around the area again.
- Keep calling out different parts of the body.