

# Foundation PE (Reception) - Jumping

## Home Learning Challenge Sheet

At school we are learning to jump. Please help me at home. This is what we need to do to become good at jumping.

### Activities to Support Learning

#### Frogs or Rabbits

Play with a grown-up. When the grown-up shouts out 'frogs', you will try to jump as far as you can. When the grown-up shouts out 'rabbits', you will try to jump as high as you can.

#### Can You Reach It?

A grown-up will hold up an object above your head e.g. a teddy. Jump as high as you can to reach it. How high can you jump?

#### Don't Go Down the Hole!

In a safe space, lay out a range of old boxes, such as cereal boxes, shoe boxes etc. These will be your 'holes' that you must jump over! See how many holes you can avoid!

#### Number Jump

Using chalk on the floor or an old sheet, ask a grown-up to help you write a range of numbers in a random order. When the grown-up shouts out a number or rolls a dice, try to jump to the correct number.

#### How to Jump:

1. Make sure ankles, knees and hips are bent.
2. Look forwards or towards where you are jumping.
3. Swing arms back, ready to jump.
4. Both feet should leave the ground at the same time.
5. Swing arms forward as you jump and land.
6. Land, as quiet as a mouse, on both feet at the same time with ankles, knees and hips bent.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your jumping skills!

