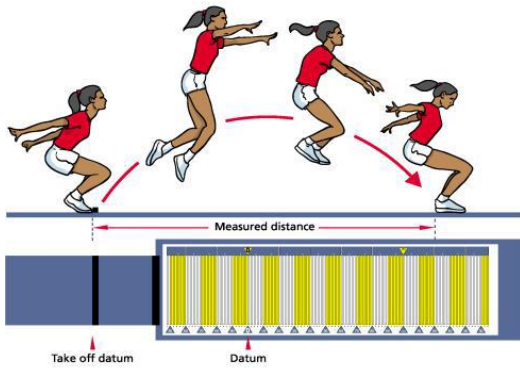




YEAR 3&4 SPORTSHALL ATHLETICS

CHEST PUSH

A standing throw where the participant pushes a weighted 1kg as far as they can. Pupils can practice with a football or similar at home. Pupils should either bend their knees and throw the ball when coming up or stand with one foot behind the other and transfer their weight from their back foot to their front foot when releasing the ball to generate power and a further throw!



STANDING LONG JUMP

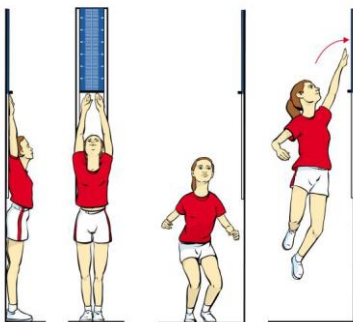
From a standing position, this is a two-footed jump. Pupils can practice this at home or in school with adequate space. Pupils should bend their knees to generate power and jump forwards landing on two feet. The measurement is taken from the back heel of the foot furthest back.

SPEED BOUNCE

Speed Bounce is a two-footed jump in which a pupil must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously jumping over a wedge.

Pupils can practice at home jumping over a line or similar – it would be great if they had something to represent the wedge, perhaps a pillow or something raised up that will NOT cause injury if they accidentally land on it!

Pupils have 20 seconds to do as many jumps as possible!



VERTICAL JUMP

This activity measures how high a pupil can jump. Pupils can practice by standing sideways to a wall with the jumping arm closest to the wall. They then jump from a standing position and use their arm to touch the wall, it would be great to have a measure up the wall OR after one attempt make a mark on the wall (that can be removed) and ask the pupil to try and reach that mark again or beat it. Pupils may bend their knees and swing their arms in preparation for the jump but their feet must not leave the ground until they take their jump.



SHUTTLE RUN

10 x 10 metre sprint. Pupils are trying to get the best time here. Pupils can practice at home/garden/park or in school. The 10m course would just need measuring out or if space is an issue try a 5m course with pupils running that 20 times.

