

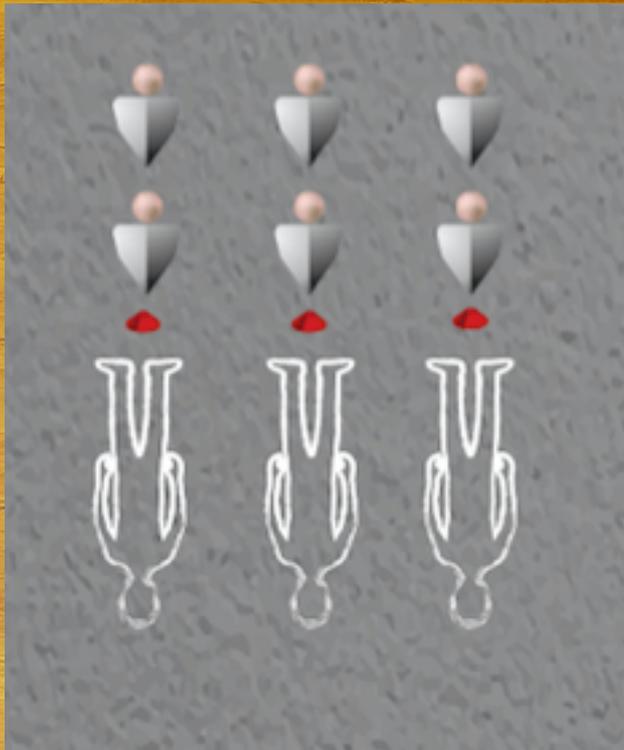


PE SKILL SCHOOL

CHALLENGE #5

JUMP YOURSELF!

CAN YOU JUMP THE FULL LENGTH OF YOUR BODY?



RULES!

- 1) You need a friend and some chalk.
- 2) Ask your friend to draw around your body on the floor.
- 3) Stand at the feet end of your drawing.
- 4) All jumps must be a standing jump - no run up!
- 5) Try and jump from 2 feet to 2 feet the full length of your body.
- 6) Jumps only count if you clear your body!

TIPS!

- Use your arms to help you propel forwards.
- Bend your knees and push up and out quickly.
- Push your weight forward on take off.

WHAT'S YOUR STANDARD?



Clear the jump!