



The Herne Bay and East Kent Coastal School Sports Partnership at Herne Bay High School

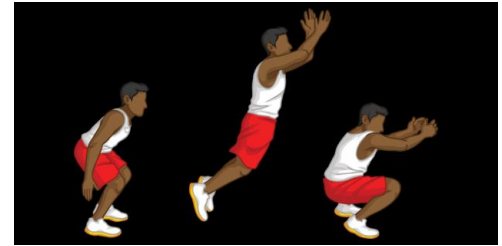


CHALLENGE OF THE WEEK.....

3 IN A ROW JUMP CHALLENGE

Objective-

3 standing long jumps in a row to see how far you can get.



Equipment-

2 different coloured cones/ markers

Activity-

Standing next to your first cone/ marker, put your feet in line with each other, shoulder width apart.

From this position, jump as far as you can, land and then repeat 2 more times.

On your last landing put a cone/ marker down in line with your heels (closest to the take off marker).

Repeat to see if you can improve.

Move the second mark forward if you manage to beat it.

Can your 3 jumps beat other people in your household?

What can you do to try and jump even further?



YOUTH
SPORT
TRUST

