

# Running and Jumping

Go for a jog with somebody in your family. Try to move at a speed where you can continue moving without stopping for 5 minutes. As you jog, keep your knees low and move your arms gently. Remember, when you jog you should keep a steady pace for a length of time.

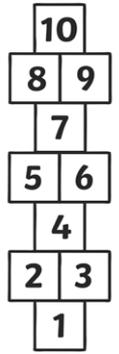


Play the game 'Traffic Lights'. Use three colours for three speeds of movement: red for walking, amber for jogging and green for sprinting. Ask somebody to shout out a colour, then you must move at this speed. Notice how your body feels after each different speed. Think about different situations when you may need to move at the different speeds.

Use a skipping rope to practise different ways of jumping. Skip by jumping with 2 feet to 1 foot over the rope. Then try two feet to one foot, and one foot to one foot. See how many different ways you can think of for skipping the rope.



Play hopscotch. Use chalk to mark a hopscotch grid as shown. The first player stands behind the starting line to toss his or her marker in square one. Hop over square one to square two and then continue hopping to the end of the grid, turn around, and hop back again. Pause in square two to pick up the marker, hop in square one, and out. Then continue by tossing the stone in square two, then three and so on.



Create a jumping sequence. Think of as many different types of jumps as you can. Choose your favourite five and put them in a sequence. Write down your sequence and label how each jump starts and lands. Show your sequence to somebody in your family.

How many animals can you think of that are amazing jumpers? Collect pictures of the animals and notice the shape of their bodies. What parts of their bodies help them jump? What parts of your body help you jump? Make an amazing jumpers poster to show how to jump as high and far as you can.