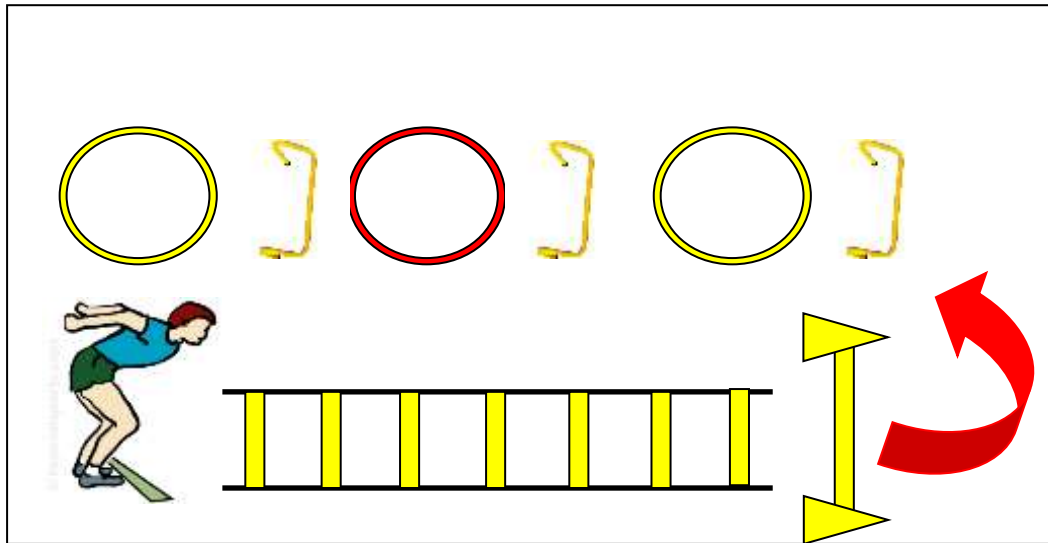


STATION 2: THE GRAND NATIONAL

ACTIVITY: JUMPING



FOCUS

- In this activity children will jump through the ladder, over hurdles and into hoops.

RULES – HOW TO PLAY

- Jump through spaces in ladder
- Jump over pole and run to start of hurdles
- Jump over hurdles and land in hoop
- 1pt for each hoop they land successfully in.



HARDER

- Different ways of moving through the ladder.
- Use smaller hoops.
- Use taller hurdles.
- Use different directions to jump over hurdles (Jump forward 2 spaces then back 1 space)

EASIER

- Bunny Hop through the ladder.

COACHING POINTS

HEAD

- Look where you're going, be aware of equipment.....encourage player to keep their head up looking forward

HANDS:

- Swing your arms forward after take off to control your landing.

FEET:

- Bend your knees on all landings.
- Use the 'Balls' (Front Part) of your feet to jump and land on

EQUIPMENT

- Hoops
- Cones
- Hurdles
- Ladder