

Foundation PE (Reception) - Jumping Jacks

Home Learning Challenge Sheet

At school we are learning to complete different types of gymnastic jumps. Please help me at home. The following activities will help us to become good at a range of jumps.

Activities to Support Learning

Mirror My Jump

Ask someone to play this game with you. Choose one of the 4 jumps and practise it. Your partner then completes exactly the same jump without you telling them what it is. Can they complete the same jump?

Twinkle, Twinkle

Learn the nursery rhyme 'Twinkle, Twinkle, Little Star'. As you say the rhyme, complete a star jump every time you say the words 'star' and 'sky'. Can you manage to say the rhyme and complete the jumps correctly?

Get Your Knees Up!

You will be practising the straight jump and the tuck jump in this game. Ask somebody to play with you. Start by completing lots of straight jumps. When your partner shouts out 'Get Your Knees Up!' try to do a tuck jump. How high can you get your knees?

Jumping Jack

Ask someone to play this game with you. Player 1 will pretend to be Jumping Jack and will say the instructions. Player 2 must follow the instructions. Jumping Jack (Player 1) will give a command (including the different types of jumps) e.g. 'half-turn jump', 'run fast', 'star jump' but Player 2 should only complete the action if Player 1 adds 'Jumping Jack says...' before the instructions! Remember to listen carefully.

How to Jump:

1. Star Jump – Make sure your arms and legs go out towards your side, making a star shape as you jump.
2. Straight Jump – Keep your arms by your side and your legs together as you jump.
3. Tuck Jump – Jump really high and clasp your knees as you bring them up to your chest.
4. Half-Turn Jump – Keep your arms by your side and your legs together as you jump. You should end up facing in the opposite direction.
5. Landing – With all these jumps, make sure you bend your knees and relax your body so you can land safely.

You could take a photo or draw a picture of you practising the different activities to show us at school. You could tell us about how you have improved your jumping skills!