ATHLETICS: STANDING HIGH JUMP

part of the Cornwall Virtual School Games

ACHIEVE THE CHALLENGE:

The aim of the challenge is to jump as high as possible from a standing position

HOW TO PLAY:

1. Stand next to a wall, put your hand up as far as you can reach and make a mark here using chalk, water etc
2. Now mark your fingers with whatever you used to make your first mark
3. Remain near to the wall and from standing, jump up and reach as far as you can. Make sure to touch the wall so it leaves a mark
4. Measure the distance from the first mark to the second mark using your hands - this is your score
5. Have 3 attempts, pick the best one and submit this score

EQUIPMENT

- Something to make a mark with e.g. chalk or flour, paint, pen, water etc
- A wall
- Your hands to measure your distance

PLAY THE VIDEO

Watch how the game is played here!

SAFETY

Ensure playing area is safe and clear
Make sure you use paint or pen that will be removable from the wall and wash your hands after this challenge

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SCORING

- Measure the distance from the start marker to the end marker using your hands
- However many hands it takes is the amount of points you score

TIPS

- As you are about to jump, bend your knees a little, bring your arms back and as you jump swing your arms up to gain momentum

BONUS POINTS:

Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

- 1 point for every family member and year group teacher who tries the challenge
- 1 point for completing it in fancy dress
- 1 point for a video sent to the school or speaking to a teacher if you are in school, telling them how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*

CONNECT — TALK & LISTEN, BE THERE, FEEL CONNECTED

BE ACTIVE — DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

TAKE NOTICE — REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING — EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give — Your time, your words, your presence

Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games

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