






Activity Plan for Jumping Events


Week 1			
Activity	How many or how long	How many days	Instructions
Standing Long Jump 	10 times/day	3 days/wk	Start standing with your feet together. Practice swinging your arms forward and back so that both arms go forward and back at the same time. When you have your arms swinging together, try to add a bend to your knees. When your arms are back, start to bend your knees. Bend your knees more as your arms swing down to your sides and then gradually straighten your knees as your arms swing forward.

Week 2			
Activity	How many or how long	How many days	Instructions
Running Long Jump 	5 times/day	3 days/wk	Running long jump is a popular track & field event. It is very similar to standing long jump, except you must stand about 20-30 steps behind where you want to “take-off”. Start running towards the spot where you want to “take off”, push off with your legs as your arms swing forward (at the site where you want to “take off”) and your legs will straighten. It is best to try jumping into a sandpit because it is softer and you will be able to see how far you can jump.
Triple Jump: “Hop, Skip, Jump” 	5 times/day	3 days/wk	Start about 15 giant steps from where you want to “take off” for the initial hop. Start running towards that spot where you want to “hop”, and when you are close to it, push off with your legs as your arms swing forward and your legs straighten. After hopping (and landing back on the ground), the next step involves skipping on one leg, and then the final step involves jumping. It is ideal to jump into a softer surface (like sand or soil), so that you can see where you land. Each time you jump, mark where you land, and try to end up further away from the starting point (where you first hopped).

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Week 3			
Activity	How many or how long	How many days	Instructions
Triple Jump “Hop, Skip, Jump” 	5 times/day	3 days/wk	Start about 15 giant steps from where you want to “take off” for the initial hop. Start running towards that spot where you want to “hop”, and when you are close to it, push off with your legs as your arms swing forward and your legs straighten. After hopping (and landing back on the ground), the next step involves skipping on one leg, and then the final step involves jumping. It is ideal to jump into a softer surface (like sand or soil), so that you can see where you land. Each time you jump, mark where you land, and try to end up further away from the starting point (where you first hopped).
Standing Long Jump 	10 times/day	3 days/wk	Start standing with your feet together. Practice swinging your arms forward and back so that both arms go forward and back at the same time. When you have your arms swinging together, try to add a bend to your knees. When your arms are back, start to bend your knees. Bend your knees more as your arms swing down to your sides and then gradually straighten your knees as your arms swing forward.

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Week 4			
Activity	How many or how long	How many days	Instructions
<p>Running Long Jump</p> 	5 times/day	3 days/wk	<p>Running long jump is a popular track & field event. It is very similar to standing long jump, except you must stand about 20-30 steps behind where you want to “take-off”. Start running towards the spot where you want to “take off”, push off with your legs as your arms swing forward (at the site where you want to “take off”) and your legs will straighten. It is best to try jumping into a sandpit because it is softer and you will be able to see how far you can jump.</p>