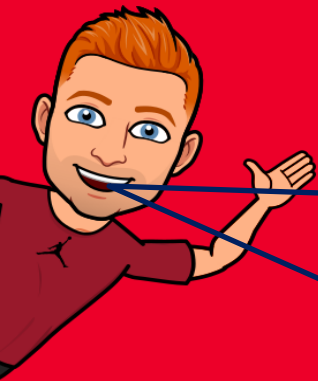


Home Learning Activities – Athletics KS2



Hi everyone! I hope you are all staying active.

This week is all about Athletics, so loads of throwing, running and jumping for you to try!

Share your efforts with us @LittleSportsCoaching

Standing Long jump

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012.
How many jumps does it take to jump that distance?



The Relay

- Find 2 items such a ball of socks or soft toys and place them opposite each other 2 or more metres apart depending on space
- With an adult or sibling stand by an item each and one of you has the ball of socks (baton)
- Can you run from one to another and then back handing over the baton each time?
- How many times can you do this in 1 minute?

Home Learning Activities – Athletics KS2



Javelin darts

- Find a target that represents the dartboard like a cushion
- Put it up against a wall or cupboard
- Make a start line a fair distance away from your makeshift darts board
- Get a ball of socks or a soft toy and hold it in your throwing hand
- Hold your throwing arm at the elbow and then flick your wrist with the socks/soft toy and throw it at the dartboard.
- How many times can you hit the target in a row? Or how many in 1 minute?

Progression: Have the throwing arm behind your head and throw at the target like throwing a javelin

Speed Bounce

- Find a jumper or a cushion and place it on the floor
- How many times can you jump over the jumper or cushion in 1 minute?
- Find an adult or sibling to time you
- You could even see who can do more in 1 minute
- If this is easy then use something a bit higher to jump over, like stacking books.

