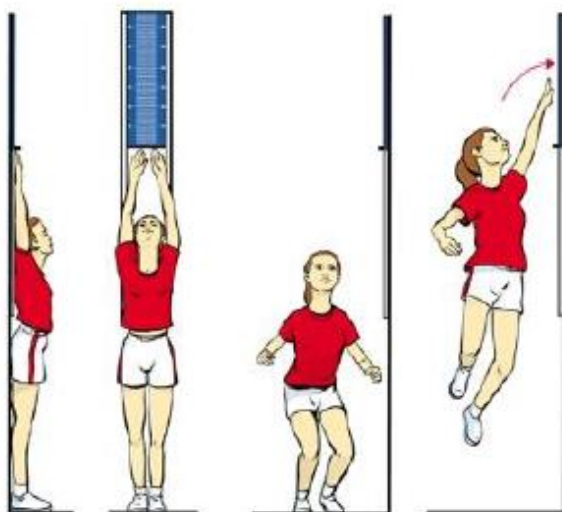


Islington Personal Challenges

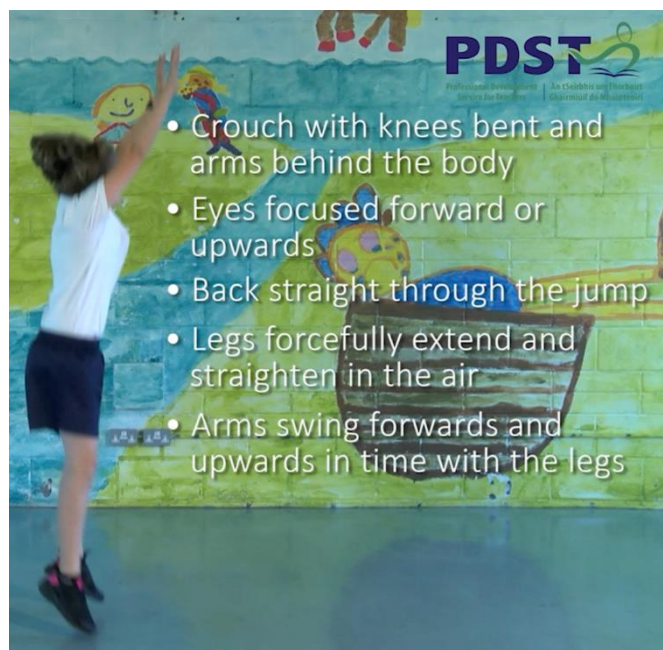
Week 5: Vertical Jump Challenge



- You will need a tall wall space, a few pieces of paper and a sticker, pen or pencil.
- Stand next to a wall and raise your arms above your head as high as you can. Stick the paper against the wall. Mark this spot.
- Place a few more pieces of paper above the other piece.
- Stand away from the wall and jump as high as you can, mark the wall at the highest point.
- In centimetres measure the between the 2 points
- 3 attempts to jump as high as you can

The vertical jump challenge focuses on jumping for height and some co-ordination and control to land safely and touch the wall to record your jump building balance and body control.

The image to the right highlights the key coaching points for the challenge.



To take part in the Islington virtual competition submit your scores to sports@islington.gov.uk (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit www.islingtoncs.org/pesspa

Islington Personal Challenges

Examples of how you could use or fit the personal challenge into the school day

PE Lessons

The vertical jump is a straightforward activity to test and practice jumping for height. For key stage 1 and 2 the challenge could best be used within a jumping or athletics based lesson where either a smaller amount of time is spent on everyone practicing the same jump at the same time or rotate around other field athletics or jumping activities such as the standing long jump and speed bounce. Either way provides pupils plenty of opportunity to practice and quality repetitions to work on how high they can jump and controlling their body through the air and landing.

If the setting has enough wall space during a lesson everyone in the group could follow the vertical jump challenge at the same time allowing staff to observe and provide feedback. Alternatively pupils could be split into small groups with pupils jumping, measures jumps and providing feedback to peers.

Alternatively the challenge could feature as part of a gymnastics based lesson with greater time spent on body control to jump and land safely. The challenge could be used as a little test of how high they can jump or used to introduce the teaching points of both jumping and landing before building into other more progressive and challenging gymnastics activities.

For more information on PE planning and guidance, visit www.islingtoncs.org/pesspa

Extra-Curricular: Break and Lunchtimes or clubs

The challenge could be used as part of an extra-curricular club such as an Athletics club to provide a jumping for height challenge and also opportunity to practice for any Islington competitions such as sportshall athletics. Also it may be used in a gymnastics club if you wanted to see how high children can jump and possibly encourage them to practice their jumps.

Additionally the vertical jump requires little space and not much time to attempt so is a good option for any in school competition as it can be setup, ran and managed simply and is still a fun challenge for children to see how high they can jump/

During a break or lunchtime, staff or young leaders could be allocated a space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Making the challenge part of any playground zoning will help keep a safe space for the activity and also show pupils they can take part in the challenge. Seeing other pupils or their friends trying the challenge is a good way to capture other children's interest.

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