

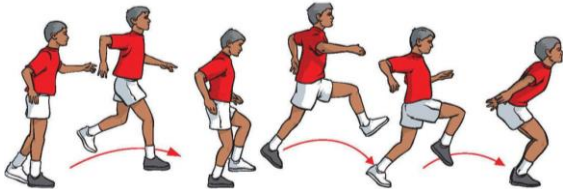
Speed Bounce

- Stand with both feet on one side of the central divider.
- Jump with both feet together, over the central divider, onto the other side.
- Repeat as many times as possible in the time limit.
- Key skills – agility, speed, endurance.



Triple Jump

- Triple jump involves three phases. They are hop, step and jump. They must be done in this order for the jump to be allowed.
- The jump is measured from where the first movement is made. Athletes cannot have a run up.
- Land with two feet together. Your distance is measured from the heel of your feet.



Indoor Athletics

KS2 and KS3

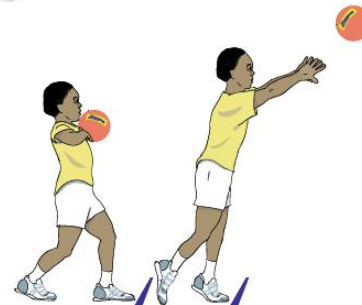
Turning boards.

- Turning boards allow you to change direction quickly.
- Runners should kick off the board with one leg and then back in the opposite direction.

Indoor Throws

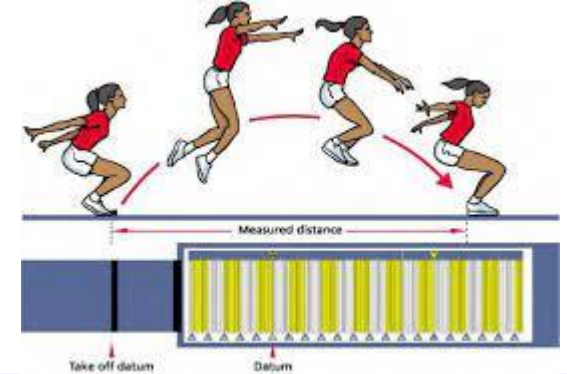


PUSH



Long Jump

- Stand with both feet together behind the line on the mat.
- Bend knees, swing your arms and jump forward as far as you can.
- Land with two feet together. Your distance is measured from the heel of your feet.



Agility Run

- Athletes must step their way through the agility run.
- Only one foot should go into each section.
- Key skills – agility, balance and co-ordination.

