LQ: Can I jump in different ways?

Activity
Watch the following video clips on Espresso to learn about some of the different ways of jumping.

https://central.espresso.co.uk/espresso/modules/t1_activity_challenges/activity_challenge/video_jumping.html

Work through the clips and the activities and have a go at as many as you can!

For a challenge

Practise jumping forward from a standing position. Bend your knees and jump as far as you can, landing on two feet. Can you measure your jump? Can you increase the distance over the next few days?