

Have you tried standing long jump?

Standing Long Jump

A two-footed horizontal jump from a standing position.

Instructions

Start by standing with both feet as close to the take-off line as possible.

Both feet must stay in contact with the ground until the start of the jump.

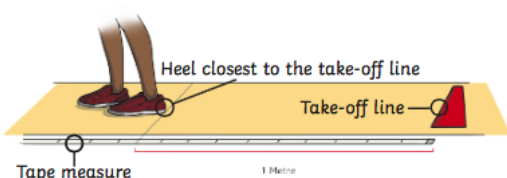
No part of the body must touch in front of the take-off line prior to take off.

Jump as far as possible from a standing position, with a two-footed take off.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line to the back of the closest heel on landing.



How to do the Standing Long Jump Step-by-Step

You may prefer a crouching or a rocking motion prior to the jump.

Bend ankles, knees and hips.

Keep eyes focused forward.

Swing arms behind body.

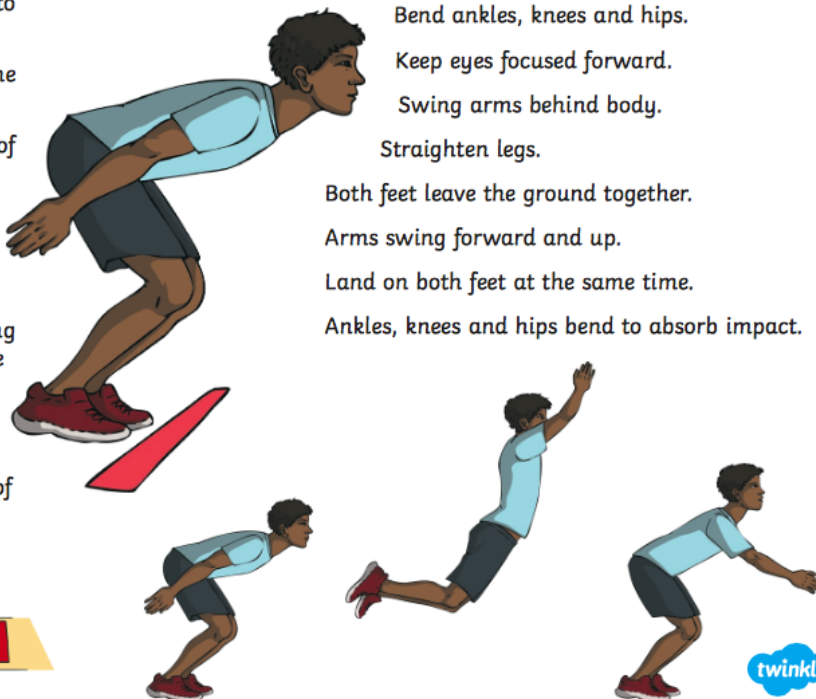
Straighten legs.

Both feet leave the ground together.

Arms swing forward and up.

Land on both feet at the same time.

Ankles, knees and hips bend to absorb impact.



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Here's some additional ideas to adapt the challenge:

Can you do 3 standing long jumps in a row? How far did you travel?

Lie down and mark your height. Can you jump as far as you are tall?

Try taking off from just one foot, first right and then left. Is this harder?



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Rugby Resources

Whilst schools are off Premiership Rugby are here to help! They are on a mission to improve the lives and prospects of children and young people across England, using the power of rugby to inspire the current generation to learn, be active and discover their inner champion.

Premiership Rugby Champions has been helping teachers deliver fun sessions within the classroom through the new app.

Using the sport we all love, and with the help of expert learning technology company Aspire 2Be, they have developed a collection of free, curriculum-linked resources to help parents up and down the country educate and entertain their children whilst at home.

They will be releasing three a week – on a Monday, Wednesday and Friday at 10am – and you can find them at www.premiershiprugby.com/champions or on social media via **#ChampionsAtHome**.

You will find plenty of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.

Early Years

Fitness Circuit Cards

Bunny Jumps

Do 10 bunny jumps:

- How far can you travel?
- How high can you jump?
- Can you jump higher or further than your friend?



Fitness Circuit Cards

Hopping

Hop around the circuit:

- How many laps can you do?
- How many hops can you do before you need to swap legs?



Fitness Circuit Cards

Heel Walk

Walk around the circuit on your heels:

- Can you walk fast?
- Can you side step on your heels?



Fitness Circuit Cards

Knee Highs

Run around the circuit bringing your knees up high.



Fitness Circuit Cards

Star Jumps

Do star jumps for one minute:

- How many can you do?



Fitness Circuit Cards

Tiptoe Walking

Tip toe around the circuit:

- Can you tip toe fast?
- Can you tip toe slowly?



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For the early years age groups, you do not need to have a structured regimented exercise session. Just learning through play, games and having fun will help with their skills such as balance, co-ordination and agility. Why not try some of the activities above or come up with your own, or make it fun and ask the children to design their own routine.

Dynamos Cricket App

This brand new app is part of the ECB's new Dynamos Cricket programme aimed at inspiring 8-11-year-olds to play cricket, learn new skills and fall in love with the game. The app is the perfect platform for all children aged 8+ to do just this at home.

Packed full of features, it is designed for children who have never played cricket before, as well as those looking to build on what they already know.

The 18 different skills videos and interactive quizzes provide lots of ways for children to get active at home, even with minimal space and equipment.

The app features will enable your child to:

- Create a personal profile
- Learn new batting, bowling and fielding skills through activities and videos, with three levels of difficulty per area
- Do fun quizzes to earn virtual runs
- Learn about the different teams from The Hundred and pick their favourite

You can share photos and videos of your child practising their new skills at home by using the hashtag #DynamosCricket on social media.

Download the free Dynamos Cricket app today!



DYNAMOS CRICKET

Dynamos Cricket app out now!

For all children aged 8+ years

GET IT ON **Google Play** Download on the **App Store**

#DynamosCricket

20 WAYS TO LOOK AFTER YOUR MENTAL HEALTH



**EXERCISE
REGULARLY**



**TALK TO
FRIENDS**



**LISTEN TO
MUSIC**



EAT WELL



**MAKE TIME
FOR YOURSELF**



**CHALLENGE
NEGATIVE
THINKING**



**GET INVOLVED IN
GROUP
ACTIVITIES**



KEEP ACTIVE



START A TO DO LIST



**LET PEOPLE KNOW
HOW YOU FEEL**



**REACH OUT WHEN YOU
ARE LONELY**



**GET INTO A GOOD
SLEEP PATTERN**



**TRY SOME DEEP
BREATHING**



**WORK ON IMPROVING
YOURSELF**