

# Athletics:

## Jumping – Target Jump

This game helps young people to improve vertical jumping and stretching.

### What you need

Indoor or outdoor area with access to uncluttered walls appropriate to the size of the group.

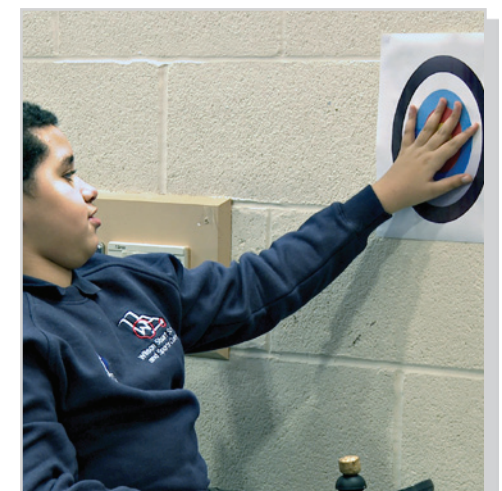
Wall targets; for example, pictures, simple height graph.

### How to play

- Attach a range of target pictures at different heights on a wall.
- Young athletes position themselves sideways to the wall; using the hand nearest the wall, they try to jump vertically and touch the highest target possible.
- After some dynamic stretching (for example, full body stretch on a mat), they try to beat their previous jump. (or reach).
- Seated athletes try to reach as high up the wall as possible; after a dynamic stretch (for example, forward towards the toes) they try to reach further
  - with bottom in contact with the seat
  - allowing athlete to come off the seat (if appropriate).

### Think about

- Practising stretching up the wall first before progressing to jumps.
- Young athletes using their arms to help develop more height on their jump.



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Use the **STEP** model to modify this game:

### Space

- Some young people may need more space to jump or reach than others.
- Targets can be grouped close together or further apart to create a different challenge.

### Task

- This game can be played by individuals; athletes keep a record of their highest jumps and try to beat this next time.
- Target Jump can also be played in teams; the total height for each jumper in the team is added together; the team with the highest total wins!

### Equipment

- Lines can be marked on the wall at different heights or a graded height chart attached.
- A large paper sheet can be attached to the wall; athletes hold a pencil or crayon in their hand and try to make a mark on the paper; different athletes can use different colours.
- Rugby (Velcro) tags can be attached to the wall; jumpers try to leap and pull these off.

### People

- Young people for whom jumping, or even stretching, is inappropriate, can try to perform a vertical bean bag or light ball throw; this can be aimed at a wall or over an adjustable height bar.

**Note:** this activity may help wheelchair users to develop balance and stability.

### Safety

- Make sure that the area where athletes are jumping is clear of equipment and potential obstructions.

### How to improve

- Jumpers bend knees, push with the legs and reach at the highest point.

### Integrity

- Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

### Links

For more information about primary and secondary school athletics activities see

<https://www.englandathletics.org/>

### Extension game - Take a run and jump!

Soft sponge balls or soft toys can be suspended on cords of different lengths; athletes try to jump or stretch from an approach run to progressively touch the hanging targets from lowest to highest.