

#StayInWorkOut

Jump, Land, Balance

SCHOOL
GAMES

Primary and secondary challenge card

This is a jumping challenge to introduce players to the Netball footwork rule. Start on two feet and jump as high as you can. Land on one foot and hold for four seconds. Repeat four times, twice on the left foot and twice on the right foot. Landing foot becomes the 'STICKY FOOT'.



Space

- You can try this in any inside or outside space.



Task

- Try and make the Jump vertical and not forward. Balance must be held for four seconds and try not to move your foot when you land.
- Some players may find it easier to begin by pushing up on tiptoe without jumping; once balance improves, progress to a jump.
- Why not make this harder by starting on one foot and jump as high as you can, then land on the opposite foot.
- Mobility-impaired players, for example, young people using walking frames or wheelchairs, can try alternative skills including a vertical reach up a wall or stopping as quickly as possible on command.

STEP

Ideas on how to adapt the activity in a national lockdown.



Time

- See how many jumps you can do in 60 seconds.
- If you have added a ball, see how many successful passes you can make in 60 seconds.



Equipment

- Equipment is not needed for this challenge.
- Try adding in a ball and passing to another person while balancing on your sticky foot.



People

- You could do this by yourself or with another person.



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