



WEEK 2 – MAIN ACTIVITY 3

JUMPING RELAY – ACTIVITY CARD

FOCUS: Jump Technique & Speed

YEAR 5/6 (9–11 YEARS)

EVENT: Jumping Relay



ABOUT THE ACTIVITY

The jumping relay helps develop jump technique, rhythm, coordination and speed. Pupils complete a series of jumps and then perform a safe baton exchange with their teammate.



TRAINING TECHNIQUES

1

Starting Position

Stand behind the start line, knees bent, looking forward.

2

Jumping Phase

Complete 5 controlled jumps using good technique and rhythm.

3

Changeover

Enter the changeover zone with the baton. Pass the baton safely to your teammate.

4

Recovery

Your teammate runs off quickly and repeats.



SAFETY

- Ensure a clear runway and landing area.
- Check cones and equipment are secure.
- Land with knees bent to absorb impact.
- Wait behind the line until it's your turn.



CHALLENGE YOURSELF!

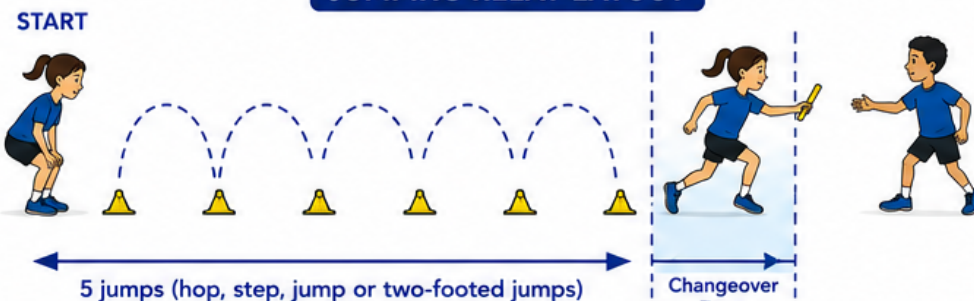
Can you complete your jumps with good technique and beat your team's time? Try to improve each time you go!



THINK TEAM!

Work together, give encouragement and celebrate each other's success. Great teams communicate and support one another!

JUMPING RELAY LAYOUT



KEY TECHNIQUE POINTS

1. TAKE-OFF



Push off both feet powerfully.

2. JUMP



Use your arms forward and up to help you jump.

3. LAND



Land softly on both feet with bent knees to absorb impact.

4. REPEAT



Keep your rhythm and move forward with each jump.

5. CHANGEOVER



Pass the baton in the zone. Your teammate takes it and goes.



COACHING CUES

- ✓ "Powerful take-off."
- ✓ "Swing your arms forward and up."
- ✓ "Land softly with bent knees."
- ✓ "Keep your rhythm and move forward."
- ✓ "Run through the changeover zone."
- ✓ "Safe baton exchange – look, hand over."
- ✓ "Encourage your teammate."



MAKE IT EASIER

- Reduce the number of jumps (3 or 4).
- Make the space between cones smaller.
- Allow a practice go before timing/racing.
- Use two-footed jumps only.
- Use a wider changeover zone.



MAKE IT HARDER

- Increase the number of jumps (6 or more).
- Increase the distance between cones.
- Add a time challenge.
- Use hop, step, jump pattern.
- Narrow the changeover zone.
- Compete against a partner or team.



BE ACTIVE



HAVE FUN



AIM HIGH



TOGETHER WE ACHIEVE

