



WEEK 4 – MAIN ACTIVITY 1

STANDING TRIPLE JUMP – ACTIVITY CARD

FOCUS: Jump Technique & Power

YEAR 5/6 (9–11 YEARS)

EVENT: Standing Triple Jump



ABOUT THE ACTIVITY

The standing triple jump develops leg power, coordination and balance. Pupils use a hop, step and jump to travel as far forwards as possible from a standing start.



TRAINING TECHNIQUES

- Starting Position**
Stand tall, feet shoulder-width apart, toes behind the take-off line.
- Hop**
Push off one foot and land on the same foot. Keep your balance.
- Step**
Bring the other foot through quickly and land on the opposite foot.
- Jump**
Push off the stepping foot and jump forward. Use arm swing.
- Landing**
Land on both feet together with bent knees, then hold your balance.



SAFETY

- Ensure the area is clear of people and obstacles.
- Check the landing area is safe and even.
- Jump one at a time.
- Wait behind the line until it's your turn.

FOOTPRINTS LAYOUT – SEQUENCE (MEMORY AID)

1. HOP



Hop off one foot and land on the same foot.

2. STEP



Land on the opposite foot.

3. JUMP



Jump from the stepping foot and land on two feet.

REMEMBER: Same Foot → Opposite Foot → Two Feet

STANDING TRIPLE JUMP SEQUENCE – KEY TECHNIQUE POINTS

START



Stand tall and ready behind the line.

HOP



Hop off one foot and land on the same foot.

STEP



Quickly bring the other foot through and land on the opposite foot.

JUMP



Push off the stepping foot and jump forward. Use arm swing.

LAND



Land on both feet together with knees bent. Hold your balance.

COMMON FAULTS TO AVOID

- ✗ Not using the correct sequence (hop, step, jump)
- ✗ Taking extra steps or hesitating
- ✗ Leaning too far forward or backward
- ✗ Not swinging arms
- ✗ Landing on one foot or stumbling
- ✗ Straight legs when landing
- ✗ Stopping balance after landing
- ✗ Crossing the line



COACHING CUES

- ✓ Tall and ready – feet shoulder-width apart.
- ✓ Swing your arms to generate power.
- ✓ Hop, step, jump – fast and in control.
- ✓ Keep your eyes forward.
- ✓ Land softly with bent knees.
- ✓ Reach forward and stay balanced.
- ✓ Try to beat your best distance.



MAKE IT EASIER

- Reduce to a standing long jump (one jump only).
- Mark smaller targets to aim for.
- Allow a practice go before measuring.
- Use a wider landing zone.
- Use floor spots to practise hop, step, jump.
- Work in pairs for support and feedback.



MAKE IT HARDER

- Add a run-up (3–5 steps) before the hop.
- Use a narrower landing zone.
- Set distance targets or personal bests.
- Add a time challenge (best of 3 jumps).
- Compete against a partner or team.
- Measure and record distances.



CHALLENGE YOURSELF!

Can you improve your distance each time?
Try to beat your personal best or the class champion distance!
Aim high, stay balanced and keep improving!



THINK TEAM!

Encourage your teammates, celebrate each other's success and give helpful feedback.
Great teamwork helps everyone improve!