











HIGH JUMP

**You Will Need**

A high Wall or Fence

A Measuring Tape

A ‘Tester’ with a Pencil/Chalk or similar to mark the height of your jump

How To Set Up and Record Your Result

Begin standing sideways to the Wall or Fence you will be using, with your dominant arm a few inches from the surface. Your feet should be around shoulder-width apart, arms by your side. With your feet flat on the ground, place your dominant arm only straight up above your head and touch the wall as high as you can. The Tester will put a small mark on the wall right at the end of your fingertips, which will represent your standing reach.

You will then take up your start position again, but this time when you are ready, you will dip down and again using your arms to help you, explode off the ground touching the wall with your dominant hand at the highest point possible.

The Tester will be on hand to place another small mark on the wall at this highest point. (Alternatively, the participant may hold the chalk and mark both their standing reach mark whilst \*stationary\* and jumping mark at the top of the jump).

Complete 3 attempts and place a new mark on the wall if you manage to beat your previous effort.

The Tester will then measure the distance between the two marks in centimetres (cm) and let you know your best result.

Once you’ve got your jump height, record it using the online link.

HIGH JUMP

Coaching Tips

Focus on coordinating your arms throughout the movement to make sure they’re as high as possible when you touch the wall.

Dip down quickly and not too deep into a squat position before executing your jump.

Make sure you land in a safe position once you have completed the jump, on two feet with knees slightly bent.

How To Prepare

Practice your jump with and without the chalk in your hand to see how it affects your jump height. If you’re struggling to jump and mark, make sure your Tester is close during your jump to quickly mark your effort.

Watch Mr Sebo’s video demonstrating the high jump.

EGG AND SPOON RACE

**You Will Need**

* An Egg (boiled to avoid any mess!)
* A Tablespoon
* A ‘Tester’ to shout “Ready, Steady and Go” and record time
* A Stopwatch
* 2 Cones or Garden Objects

How To Set Up and Record Your Result

As per the Sprint set-up, place your 2 Cones or Garden Objects 10 metres (m) apart on a flat, non-slip surface (or 20m if you have sufficient space).



10 / 20m

Line up at the starting cone with your egg balancing on your top of your spoon.

Make sure you have one hand holding the spoon at the end of the handle and the other hand behind your back.

When the Tester Shouts “Ready, Steady. . .” tilt forwards slightly and find your balance with the egg and spoon extended slightly in front of your body.

On “Go”, move as quickly as possible (walk or run) to the second cone and turn carefully before returning to your starting point.

If you drop your egg off your spoon, you must go back to the beginning and Start again!

Primary (Foundation & Key Stage 1) students will cover 20m and the Tester will record how long it takes using the stopwatch.

Primary (Key Stage 2) Students will cover 40m and the Tester will record how long it takes using the stopwatch.

Once you’ve got your final time, record it using the online link.

EGG AND SPOON RACE

Coaching Tips

The key to this event is concentration. As your technique improves, try to get used to looking where you are going to make sure you’re turning right at the cone each time.

“Slow and steady wins the race.” It’s important that you don’t drop your egg or this could cost you serious time. Take your time and try to complete the race without any fumbles.

You can begin with a larger spoon to get comfortable and work on your speed, but must use a tablespoon when recording your result on Sports Day.

How to Prepare

Before you start to move with your egg and spoon, try simply balancing the egg on your spoon in a stationary position. You can progress this by balancing on each leg before adding movement.

Start at walking pace and when you feel comfortable, try to go a little bit faster.

You may also use some garden objects to create a simple obstacle course. You can practice keeping your eyes looking out in front at the obstacles whilst changing direction to avoid them.

Watch Mr Sebo’s video demonstrating the egg and spoon race.

If your eggs survive the race, why not make some tasty egg sandwiches to help you recover after Sports Day!