

# Vertical Jump



Secure measuring tapes on the wall in different locations in the classroom.

Divide class into 4 groups. Students move around the classroom in a variety of ways other than walking (e.g., hopping, skipping, marching). When they get to a station they must jump to try and reach beyond the marker. Students can track progress.

Post on board or under each marker.

- Tape A – jump with both feet
- Tape B – jump off one leg
- Tape C– jump and twist.
- Tape D – must jump and touch with both hands

## CURRICULUM LINKS:



**Mathematics: Measurement**

**Grade 4:** Estimate, measure and record length

**Grades 4/5/6:** Select and justify the appropriate metric unit to measure length



**Health and Physical Education: Fundamental Movement Skills**

**Grade 6:** Jump for height (e.g., vertical wall jump)



**EQUIPMENT:** 4 measuring tapes  
 CD player, DPA CD  
 CD Track # 7