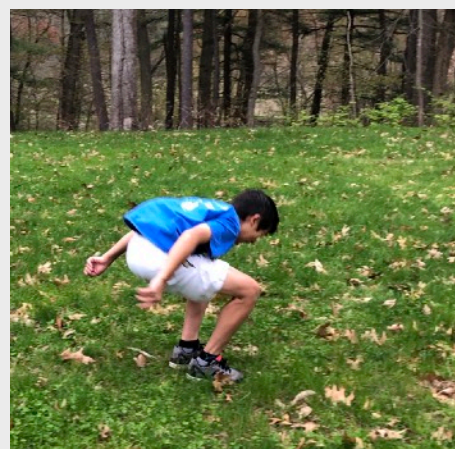
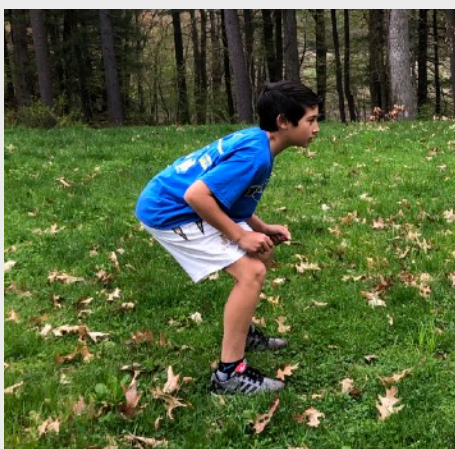


Week 3 Challenges

At next week's practice, we will focus on the **Long Jump** and **High Jump**. To prepare yourself for these events, try these challenges every day.

Frog Jumps

- ◆ Stand with your feet in a wide stance.
- ◆ Squat down so your knees are bent at a 90 degree angle - as if you are sitting down into a chair. Don't let your knee caps pass forward in front of your toes.
- ◆ Jump up and forward. Land on your toes and return to starting position.
- ◆ Complete three consecutive jumps.
- ◆ Measure your best distance from the starting point of your first jump to the ending point of your third jump. See how much farther you can jump by the end of a week



Single Leg Jump

- ◆ Stand on your left leg.
- ◆ Jump off your left leg and land on your left leg.
- ◆ Measure how far you can jump.
- ◆ Repeat with the right leg.
- ◆ Use your arms for added momentum to propel yourself further.
- ◆ Keep a record of your jumps on both sides and see how much farther you can jump by the end of the week.

