

SNOW PARK CHALLENGE

HOW HIGH CAN YOU FLY?

Ski jumping is an Olympic sport where athletes zoom down a hill, and over a huge ramp and fly off into the sky! They land safely and have the distance of their jump measured. The longest jump wins!

Have a go at jumping far and high and imagine you are surrounded by snow and ice!

What do I need?

- Masking tape
- Paper and pencil for recording
- Measuring tape
- A door or wall

How long will it take?

15 minutes



What should I do?

- 1. Challenge 1: Jump high!** See how high you can jump! Stand next to a door or wall and jump as high as you can. Reach your arms up high and stretch as you jump. Remember to bend your knees when you land.
- 2.** Ask a friend or adult to stick a piece of tape at the height you reach and measure it using a tape measure or ruler.
- 3.** Try this three times and record your best height.
- 4. Challenge 2: Jump far!** Now, see how far you can jump along the floor! Put a marker on the floor where you are standing and then jump forwards.
- 5.** Place tape on the floor where you land and measure the distance using a tape measure.
- 6.** Try this three times and record your best distance.



Extra challenge

1

Does having a run up make a difference?

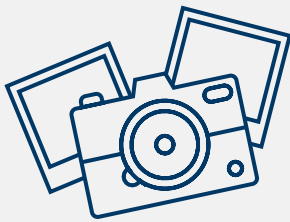
2

Why not try this challenge with your family. Who can jump the highest? Who can jump the furthest?



Watch this video for inspiration:
<https://youtu.be/WT7aCGhAitk>

Take it further



How about asking a grown up to stick a snowflake up high - can you jump to reach it?

You could take photographs or video your super ski jump!

Share with us

Share your photos or videos on social media or by email

 @GetSetCommunity

 @GetSetClub

 @GetSetClub1

 getset@getset.co.uk

