



WEEK 6

SKI JUMPS CHALLENGE

This challenge has been set by **Naomi** from **Ealing**
Watch the challenge video on the LYG website from 9am on Monday 1st March [here](#)

Challenge Description:

How many ski jumps can you do in 30 seconds?

Scoring:

You will receive 1 point each time you land a ski jump.

Adaptations of Challenge:

- To make this challenge slightly easier, rather than jumping side-to-side, try stepping across instead.
- To increase the difficulty try increasing the speed you are jumping or try and jump further to each side.
- The challenge can be done outdoors or indoors.

Coaching Tips:

To accumulate a higher score, keep the distance you jump side-to-side short and try to stay balanced by bending your knees. To create more momentum in your jump, try to use your arms to generate power.

Benefits From Challenge:

This challenge will help improve your balance, agility and strength in your leg muscles.

*Remember to submit your scores before Friday 5th March at 12.00pm via the London Youth Games [website](#).
Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG*