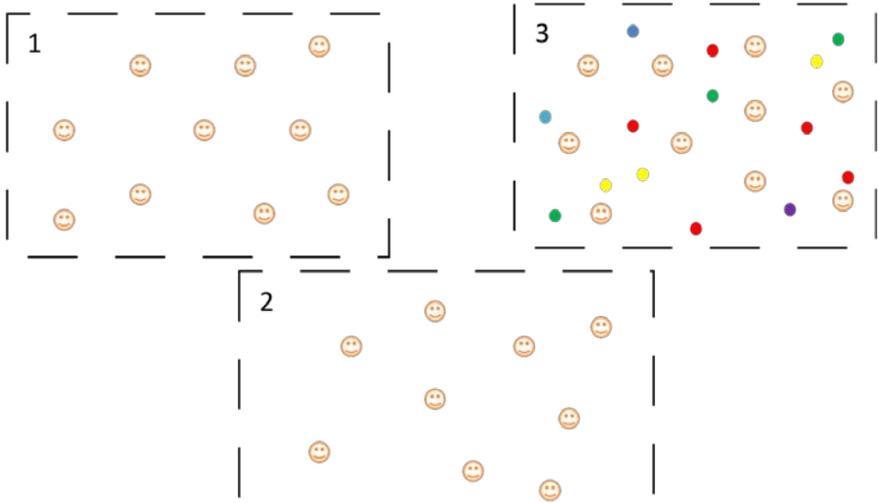


## WEEK 4

### Learning Objective: Demonstrate various jumps in response to instructions and control in landing.

<p><u>Learning Outcomes:</u></p> <ul style="list-style-type: none"> <li>- To move around the area with confidence.</li> <li>- To be able to jump using one and two feet.</li> <li>- To land with good technique.</li> </ul>	<p><u>Key Vocabulary:</u></p> <p>Running, sprinting, jogging, stopping, jumping, bending the knees, using arms, jumping high, jumping long.</p> <p>Health, fitness, enjoyment</p>
<p><u>Equipment Needed:</u></p> <ul style="list-style-type: none"> <li>- Cones</li> </ul>	<p><u>National Curriculum Objective(s):</u></p> <p>1a) explore basic skills, actions and ideas with increasing understanding 3a) observe, describe and copy what others have done</p>
<p><u>Organisation:</u> Mark out an area suitable for the amount of participants</p>	
	<p><u>Overview of lesson:</u></p> <p>1)<u>Warm Up:</u> Left hand, right hand, jump!- Pupils move around the area listening out for the teacher's command</p> <p>2)<u>Technique Practice:</u> Jogging, Jumping, Landing- Teacher shows pupils how to land properly (bending the knees and using arms for balance). Pupils are then encouraged to go and practice their jumping and landing thinking of different jumps they can do. Teacher walks round and corrects techniques.</p> <p>3)<u>Skill Practice:</u> Giants, mountains and volcanoes- Teacher sets out the area with cones scattered around, these are mountains. The pupils (giants) have to walk around and step over the cones. Once the teacher feels the pupils understand introduce that all the cones are now volcanoes and the pupils have to jump over them.</p> <p><u>Cool Down:</u> Pupils walk, stretch up high and stretch down low.</p>

<p><u>Warm Up / Starter: traffic lights</u></p> <ul style="list-style-type: none"> <li>- Allow the pupils to move around and explore the space.</li> <li>- Begin with one command 'right hand' until they understand.</li> <li>- Ensure pupils use a different hand between rights and left, even if they get it wrong, ensure they use their other hand.</li> <li>- Watch the way the pupils jump can you improve on this in the session?</li> </ul>	<p><u>Teaching Points / Differentiation (STEP):</u></p> <ul style="list-style-type: none"> <li>- Look for space to avoid others</li> <li>- Slow down and speed up depending on space - What is best way to jump and land?</li> <li>- Change size of area if necessary</li> <li>- Command style leading to Guided Discovery</li> </ul>
<p><u>Technique- jogging, jumping, landing</u></p> <ul style="list-style-type: none"> <li>- When landing pupils should land with two feet and bend their knees.</li> <li>- Start with the pupils walking and jumping so that they understand the technique. Increase their speed when you feel ready.</li> <li>- Change the combinations all the time e.g. jump, jump land.</li> <li>- Ask the pupils to think of as many different jumps as they can. Which one works best?</li> </ul>	<p><u>'What if' box:</u></p> <ul style="list-style-type: none"> <li>- A pupil keeps falling over when trying to land- make sure they use their arms for balance and ask them to slow down until they can land properly.</li> <li>- A pupil is finding it too easy- increase their speed and ask them to try and jump as high as they or as far seeing if they can beat their distance from before.</li> </ul>