

ATHLETICS LESSON 5

EARLY YEARS

Learning Intention : *How can you jump?*

Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

Resources:

Cones, hoops,
bean bags,
throw-down strips,
mini hurdles, quoits,
throw down feet,
High jump resource sheet

WARM UP: Mr Men Fun

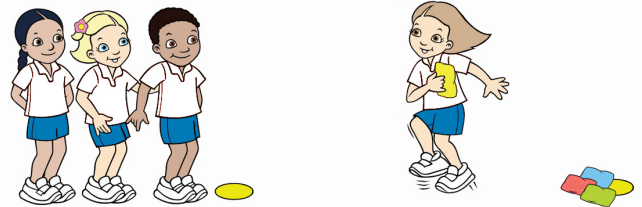
✔ Negotiate Space Safely

- Mr Happy – skip around
- Mr Grumpy – stomp around with a grumpy face.
- Mr Slow – move around slowly
- Mr Wobbly – wobble around like jellies.
- Mr Jump- Jump around with two feet
- Mr Hop – Hop around
- Mr Fast – run around as fast as you can (safety look out for your other Mr Men friends)

Station 1: Hop Hop

✔ Move energetically- Hopping

1. Team lines up behind the spot
2. Each member of the team takes it in turn to hop, collect a bean bag and return it to their group
3. Can they count the number of bean bags?



TP: Keep your head up when hopping and arms out to balance.

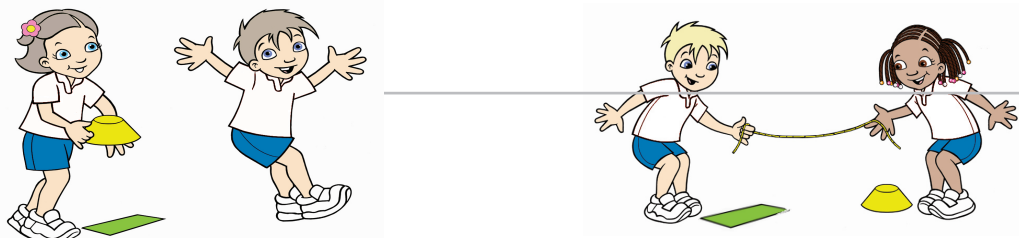
Station 2: Jump and measure

- ✔ Move energetically- Jumping
- ✔ Demonstrate strength
- ✔ Demonstrate balance
- ✔ Demonstrate co-ordination

1. Children to jump with two feet to two feet holding a cone. Place down cone behind them. Can they measure how far they jump with cones, throw down hands, strips or feet?

Can they beat their score?

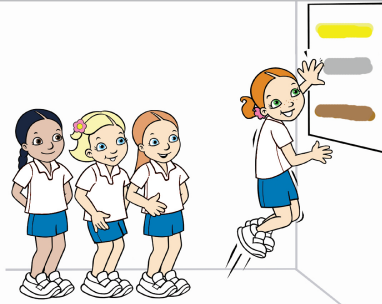
TP: Try and swing your arms to help you jump further



Station 3: High Jump

1. How high can you jump?

Bronze =1
Silver =2
Gold=3



- ✓ Move energetically- Jumping
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination
- ✓ Demonstrate strength

TP: Bend your knees and jump

Station 4: Lava spots

1. Team lines up behind the hoop
2. Each member of the team takes it in turn to leap over the lava spots, collect a piece of equipment and return it to the hoop. 'High-five' the next person to go.



- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination
- ✓ Negotiate obstacles safely

Station 5: Standing long jump

1. Team lines up behind the spot
2. Each member of the team take it in turn to jump as far as they can
3. Children get bronze for nearest cone, silver for middle and gold for furthest

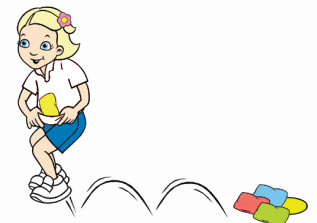
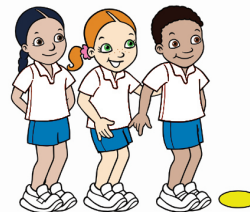


TP: Keep you head up

- ✓ Move energetically- Jumping
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination
- ✓ Demonstrate strength

Station 6: Roo Jump

1. Team lines up behind the throw-down spot
2. Each member of the team takes it in turn to kangaroo hop to the equipment, collect a bean bag. Place it in their pouch (t-shirt) and return it to their team
3. 'High-five' the next person to go
4. How many shuttles can the team do?



- ✓ Move energetically- Jumping
- ✓ Demonstrate balance
- ✓ Demonstrate co-ordination
- ✓ Demonstrate strength

COOL DOWN

Play Mr Men game and finish off with Mr slow or Mr Sleepy.

PLENARY

What was your favourite activity? How can you jump?