

Learning Intention: How can you travel in different ways?

EQUIPMENT:

Resource card,
spots, cones.

I can perform a travelling move

I can travel across the mat with control and body tension

I can perform jumps and travelling moves with good body tension and pointed toes

Linking learning: think back to the jumps you have learned in gymnastic in YR 1 (what were they?) Straight Jump and Star Jump .

Warm up: Astronauts (10 minutes)

Children to find a space and listen to the teacher's instructions.
Children to pretend they are moving around like astronauts.

Teacher can demonstrate: e.g. big steps, floating, jumping, moving slowly.

1. When teacher calls "**Crater jump**"- children to pretend they are jumping craters. (Encourage children to jump over the craters in different ways – e.g. two feet to two feet, one foot to the other (leap), one foot to two feet.
2. When teacher calls "**Straight Jump**" children perform a Straight Jump.
3. When teacher calls "**Star Jump**" children perform a Star Jump.
4. When the teacher calls "**travel,**" children are to think of different ways of travelling - e.g skip, hop, leap, side step. **Can they point their toes?**
5. When the teacher calls "**show me a shape,**" they are to show any shape they know

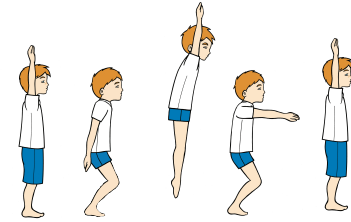
NB: You can put out spots/cones to use as visual craters

Activity 1: Straight Jump recap (5 minutes)

1) Straight jump- children to recap a straight jump with a partner- you can show video to recap jumps

Linking Learning: What shape does this look similar to? Straight shape

Make it easier: Imagine you are a rocket count down 5, 4, 3, 2, 1 blast off!!

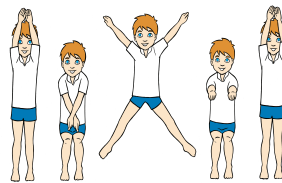


CHALLENGE: To point their toes when jumping.

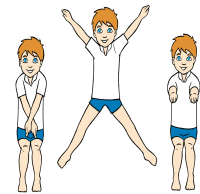
IMPORTANT: Land on two feet and bend knees.

2) Star Jump- children recap a star jump with a partner

Linking Learning: What shape does this look similar to? Star Shape



Make it harder

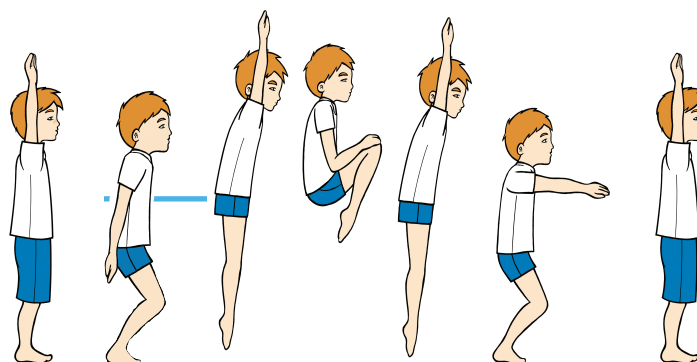


Make it easier

Activity 2: Introduce tuck jump

1) Tuck jump- teacher to go through the teaching points of a tuck jump- watch the video or ask a more able child to demonstrate.

Linking Learning: What shape does this look similar to? Tuck shape



Activity 3: Travel Fun

Children in pair have one mat between two.

1. Can they experiment with different ways of travelling across a mat?
2. How many different ways can they come up with? eg. Leap, hop, skip, turn, slide, jump
3. Children to repeat - this time remember to look like a gymnasts e.g. point toes, stretch arm

Activity 4: Jumps linking with travelling moves

You could add music to the sequence

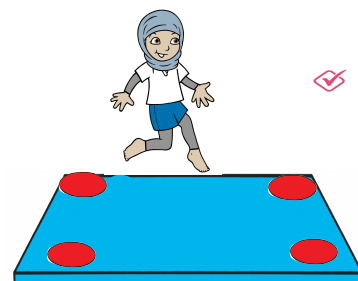
Children to make up a sequence in pairs/fours

1. In the sequence to have **3 jumps** and **travelling moves**:
 - Link the jumps together with travelling moves e.g straight jump- leap across the mat - Star jump- skip across the mat
 - Children to **Start** and **finish** with a shape.

Peer Assessment: Children could perform to the class. Can they give feedback to the children performing.

Challenge: To perform the sequence in pairs/fours using benches and mats

Make it easier: add spots to travel to



Good start

Strong Shape

Good Finish

Cool Down: Play "Astronauts." Teacher calls in turn – Straight, Star and Tuck Jump and travel.

Plenary: What is important when travelling? Why is this important in a sequence?