

INDOOR ATHLETICS LESSON 4

Year 1

EQUIPMENT:

Throw down strips
Throw down spots
Bean Bags
Quoits (or something similar)

Learning Intention: How can you improve your jumping skills?

Year 1

I can jump from two feet to two feet

I can bend my knees and push off when jumping

I can bend my knees and use my arms to take off, when performing the standing long jump

WARM UP: Explorers

Explorers. Teacher calls out the name of an animal or creature that jumps eg: frog, rabbit, horse jumping over a hedge, penguins jumping into the water...

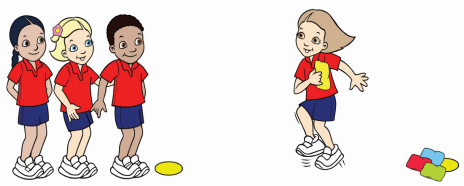
When teacher calls '**EXPLORERS**', children FREEZE as if they are looking through binoculars.

SET UP :

Organisation

- Set up the six activity stations (same as last lesson)
- Split the children into equal groups, one group starting at each station.
- Children to attempt the activity at their stations (3-4 minutes per station) .

STATION 1- Hop

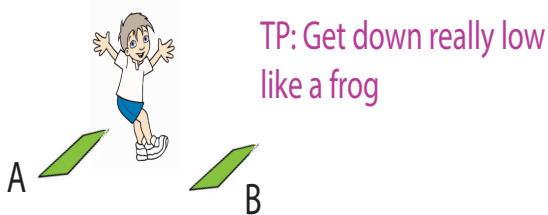


1. Team lines up behind the spot
2. Each member of the team takes it in turn to hop, collect a bean bag and return it to their group.
3. Number of bean bags = total score

TP: Bend your leg and push off from your toes in take off
: look forward

Make it harder: Pick up the bean bag balancing on one leg.

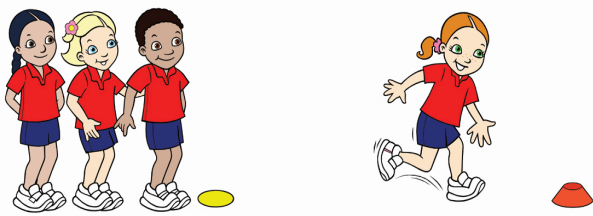
STATION 2 - Frog Jumps



1. In pairs, find 2 spots/strips - take it in turns
2. Jump to the throw down strip (B) - like a frog
3. Turn around and jump back to the throw down strip (A)
3. Count to 10, then swap over.

TP: Use your arms when you jump
this will help you jump further and keep balanced.

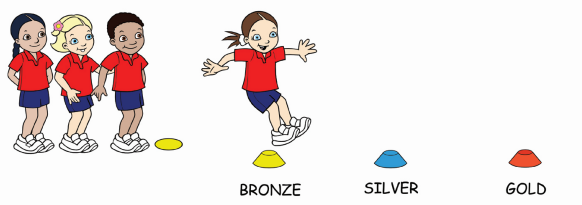
STATION 3- Skipping



1. Team lines up behind the spot
2. Each member of the team takes it in turns to skip to the cone and touch the spot. Skip back again
3. Each shuttle = 1 pt.

TP: Use your arms to help you gain height when skipping

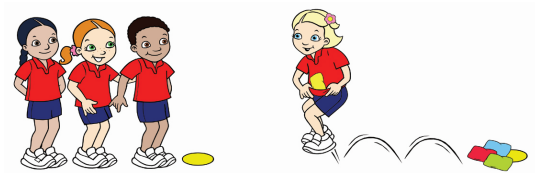
STATION 4--Standing long jump



1. Team lines up behind the spot
2. Each member of the team takes it in turn to jump as far as they can
3. Children get bronze for nearest cone, silver for middle, gold for furthest
4. If scoring:
1pt = bronze, 2pt = silver, 3pt = gold.

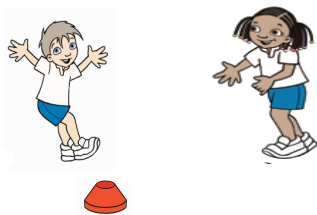
TP: Lean forward, swing arms and bend knees

STATION 5 -Kangaroo jump



TP: - Bend knees and push off ,
- two feet at the same time

1. Team lines up behind the throw-down spot
2. Each member of the team takes it in turn to kangaroo hop, collect a bean bag/soft toy, put 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?
5. 1 shuttle =1 pt.



STATION 6-Speed Bounce fun

In pairs :

Child A - is jumping and counting how many jumps they do

Child B - is counting up to 20 seconds

Yr1/**Make it easier:** Use a throw down strip

COOL DOWN

Repeat explorers - finish off with some slower moving animals

PLENARY

How did you jump further? Can you tell me/a partner two things that you were able to do that made you jump further during the activities?