

EQUIPMENT:

Throw down strips
Throw down spots
Bean Bags
Quiots (or something similar)
Stopwatches

Learning Intention: How can you improve your jumping skills?

Yr2

I can bend my knees and push off when jumping

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

I can lean forward, swing my arms and bend my knees to gain a good distance when jumping

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.

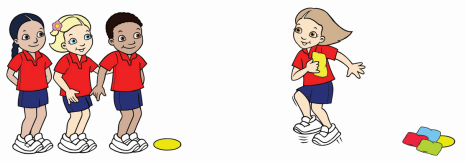
Can the children think of some different animals or insects- e.g spider walk

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



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

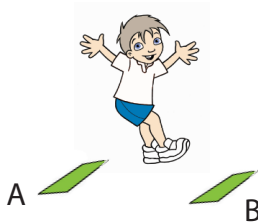
1. Team lines up behind the spot
2. Each member of the team takes it in turn to hop, collect a bean bag and return it to their group.

Make sure when they pick up and put down the bean bag they balance on one leg

3. Number of bean bags = total score

Make it easier: Pick up the bean without balancing

STATION 2 - Jump over the river



TP: Bend your knees

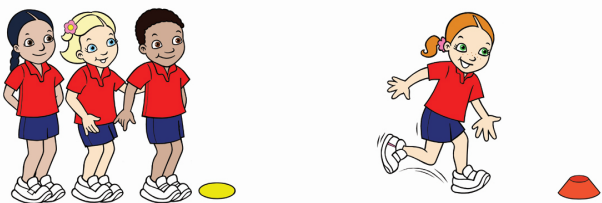
1. In pairs, find 2 spots/strips - take it in turns
2. Jump from (A) to the throw down strip (B)
3. Turn around and jump back to the throw down strip (A)
3. Count to 10, then swap over.

TP: Throw your arms forward when you jump this will help you jump further

Make it harder: Move the throw down strips further apart.

Linking learning: What activity is this similar too? Standing long jump- two feet to two feet.

STATION 3- Leaping



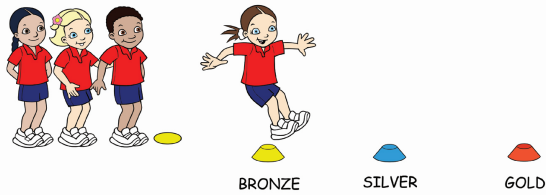
TP: Use your arms to help you gain more distance when leaping

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

Challenge:

What is the least amount of leaps you can there and back?

STATION 4--Standing long jump

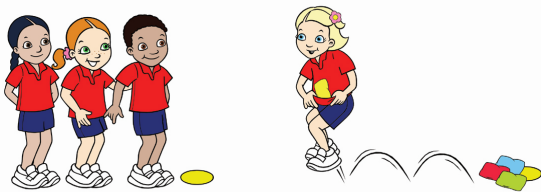


1. Team lines up behind the spot
2. Each member of the team takes it in turn to jump as far as they can
3. Children get bronze for nearest cone, silver for middle, gold for furthest
4. If scoring:
1 pt = bronze, 2pt = silver, 3pt = gold.

TP: Lean forward, swing arms and bend knees

Make it harder: move the cones further apart

STATION 5 -Kangaroo jump

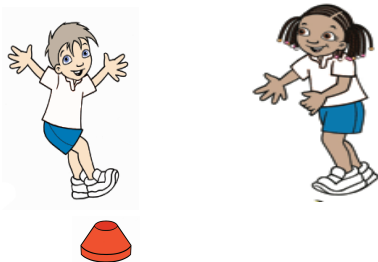


1. Team lines up behind the throw-down spot
2. Each member of the team takes it in turn to kangaroo hop, collect a bean bag/soft toy, put it in their pouch (t-shirt) and return it to their team
3. 'High-five' the next person to go
4. How many shuttles can the team do?
5. 1 shuttle =1 pt.

TP: Bend knees and push off

Make it harder: Can you do as **few** kangaroo jumps as possible across to the beanbags and back?

STATION 6-Speed Bounce fun



In pairs jumping over a cone:
Child A - is jumping and counting how many jumps they do
Child B - is counting up to 20 seconds (or timing with a stopwatch)

Make it easier: Use a throw down strip

CHALLENGE: For 10 minutes - can they move around to all activities, they have a go on one and move on any Station. Have one go and move on. Make sure there is no more than 5 on a station - if there are find another one!

COOL DOWN

Repeat explorers - finish off with some slower moving animals

PLENARY

What did you do in your activities to jump further? 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?