Athletics - Lesson 1 Jumping

Today's Lesson Aim: To develop jumping skills. **I can:** I can jump using two feet and landing on two feet.

Jump 1 - Rocket Launch

Jump 2 – Reach the stars

Jump 3 - Speed Bounce

*Make sure you watch the video demonstrations to see what each jump looks like.

***Equipment needed:**

- Tape Measure
- High Jump Sheet (Available on school website- Keeping Active Page)
- Object to bounce over- Cushion- shoe- sock- cuddly toy.

Coaching Points

1. **Spring from your toes**
2. **Bend your knees slightly**
3. **Swing your arms**

SPRING BEND SWING!

Jump 1 Rocket Launch	**Jump 2 Reach the stars**	**Jump 3 Speed Bounce**
From a standing position; jump as far as you can! Use Tape measure to measure your score. Measure from the heel of the foot. Put out visual targets, for example- socks laid out flat.	Stand with your back to a wall and stretch your hands above your head, keep your feet flat. Then, put high jump sheet at the tips of where your fingers were, stand side on to the wall and jump up as high as you can. Tap the high jump sheet with the hand that is closest to the wall.	Create a small barrier on the floor. Make sure this is something soft and safe. Like a pillow or cushion. Start by standing to the side of the object, with two feet, jump sideways over the object, as soon as you land, and jump back across the object. How many bounces can you do in 20 seconds?