

PHYSICAL EDUCATION

Jumping like a hare

Walk to new spaces, stop and bounce on the spot. Repeat. (Use a tambourine or drum for bouncing). Lay out some small spots and the pupils can jump to each spot and collect more 'food'. This can be developed into a competition of distance and speed.

- Jumping for distance

Find a line in the hall, put your feet to the line, get into a ready position and swing your arms to help you jump forwards. Find a new line and try again. Collect a hoop. Stand in your hoop and jump out of it. Repeat. Introduce combinations of jumps across the stream (increasing distance and challenge)

- One foot to the same foot (hop)
- One foot to the other foot (leap)
- One foot to both feet
- Two feet to two feet (bounce)
- Two feet to one foot (hopscotch)

Island jumping

Tell the children because they have practised jumping, they are ready to try island jumping. Spread gym mats, yoga mats, and/or hula hoops throughout the activity space. Make the distances close enough to jump from one to another. Challenge them to jump through all of the islands without falling in the water (floor). After the children complete the circuit, increase the distance between the mats for a new challenge.

Rope mazes

Form groups of two to three children, each with a skipping rope and a few cones. Using their ropes and cones, each group makes a maze on the floor that involves a hopping and jumping challenge. Once all groups have finished, children try the different mazes.

Long jump

Student led; warm-up with a focus on increasing the range of movement/ dynamic stretching. Small teams. Place four hoops an even distance apart. Hop into each hoop. Progress to taking off from one foot and landing on two feet.

Teaching points: run-up, take-off, hang time, landing.

Break skills down into parts, demonstrate, practise at the side of the pit, measure the run-up.

Increase the hoop distance to increase challenge.

