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| <p><b>LEARNING OBJECTIVES</b></p>  | <p><b>WARM UP</b><br/>Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p>   |  |
| <p>1. Be able to identify which method of jumping is the most effective;</p> <p>2. Know and understand the importance of landing with bent knees;</p> <p>3. Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.</p> | <p><b>MAIN ACTIVITY</b><br/>Measure how long or high you can jump using:</p> <ul style="list-style-type: none"> <li>- Standing Jumps;</li> <li>- Jumps with run-ups;</li> <li>- Combination jumps (eg 2-footed jumps, step, hop).</li> </ul> <p>See if you can improve on the distance or height you jump, and set your own targets for improvement.</p>  | <p><b>EXTENSION</b><br/>Explore combining a sequence of jumps.</p> <p><u>EASIER</u><br/>Jump over imaginary heights and distance markers;<br/>Allow 'no jumps';<br/>Allow 3 or more chances to gain their best score.</p> <p><u>HARDER</u><br/>Jump over physical heights (eg bamboo canes) and past visible markers (eg cones 0.5m apart)</p> |
| <p><b>LEARNING CHALLENGE</b></p>   | <p><b>Results...</b></p>  |  |
| <ul style="list-style-type: none"> <li>• I can measure how high and far I can jump;</li> <li>• I can try to jump higher and further;</li> <li>• I can set a target for myself on my next jump.</li> </ul>  | <div style="text-align: center;">  <p>1 Measure how high and far you can jump by:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>- standing and jumping</p> </div> <div style="text-align: center;">  <p>- running up and jumping</p> </div> </div> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p>- jumping after a step and a hop.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p>2 Try to jump higher and further.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p>3 Set yourself a target for your next jump.</p> </div> <p><b>Cool Down</b><br/>Relaxing activity/game of choice and Q &amp; As.</p> |  |