







Physical Activity	CORE ACTIVITY 3	DIFFERENTIATION OPPORTUNITIES
LEARNING OBJECTIVES	WARM UP Range of tempo and movement in space followed by dynamic stretches. Short game of choice.	
<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>MAIN ACTIVITY Measure how long or high you can jump using:</p> <ul style="list-style-type: none"> - Standing jumps; - Jumps with run-ups; - Combination jumps (eg 2-footed jumps, step, hop). <p>See if you can improve on the distance or height you jump, and set your own targets for improvement.</p>  <p>1 Measure how high and far you can jump by:</p>  <p>- standing and jumping</p>  <p>- running up and jumping</p>  <p>- jumping after a step and a hop.</p> <p>2 Try to jump higher and further.</p>  <p>3 Set yourself a target for your next jump.</p> 	<p>EXTENSION Explore combining a sequence of jumps.</p> <p><u>EASIER</u> Jump over imaginary heights and distance markers; Allow 'no jumps'; Allow 3 or more chances to gain their best score.</p> <p><u>HARDER</u> Jump over physical heights (eg bamboo canes) and past visible markers (eg cones 0.5m apart)</p>
LEARNING CHALLENGE	Jump Results....	
<ul style="list-style-type: none"> • I can measure how high and far I can jump; • I can try to jump higher and further; • I can set a target for myself on my next jump. 		