





<p>LEARNING OBJECTIVES</p>	<p>WARM UP Range of tempo and movement in space followed by dynamic stretches. Short game of choice.</p>	
<ol style="list-style-type: none"> 1. Be able to perform 1:2, 2:2, 2:1 and 1:1 jumps; 2. Know and understand how different jumping techniques affect distance travelled; 3. Develop fundamental movement skills, become increasingly competent and confident, and access a broad range of activities to extend their agility, balance and coordination. 	<p>MAIN ACTIVITY Using different ways of jumping (eg 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to the same foot, 1 foot to the opposite foot), see how far, high or long you can jump in challenges such as:</p> <ul style="list-style-type: none"> • Can you skip without stopping for 10 seconds, 20 seconds, etc? • Can you jump across a space (eg badminton court) in less than 5 jumps? • Can you jump further than the distance between your head and feet when you are lying down?   <p>1 Jump across an area in less than 5 jumps.</p>  <p>2 Jump longer than your body length.</p>  <p>3 Beat your scores by trying the different jumps.</p>	<p>EXTENSION Explore ways of measuring jumps.</p> <p>EASIER Add smaller targets to jump to before the overall target. Record a best attempt and award points each time it is beaten. Jump with a partner of similar ability.</p> <p>HARDER Increase the distance of the area and choose a taller person's height to jump. Develop a 'league' with promotion once a set and height are achieved. Do not allow a run-up before a jump.</p>
<p>LEARNING CHALLENGE</p>		
<ul style="list-style-type: none"> • I can jump across an area in less than 5 jumps; • I can jump longer than your body length; • I can beat my scores by trying different jumps. 	<p>Cool Down Relaxing activity/game of choice and Q & As.</p>	