

PE Lesson Summer 2 Week 3 – Jumping Jacks

Equipment	Warm Up –	Lesson
<p>Ideally done in the garden or space that you can use.</p> <p>Marker x3 (Could be anything)</p>	<p>Raise heartrate Fast Feet (Jog on spot) – 30s High Knees – x10 Heel Flicks – x10 Arm Circles – x10</p> <p>Stretches Hold for 8 seconds.</p>	<p>Setup Place marker (could be anything) and keep marker in the same place throughout. Ensure there is enough space (around 2m) beyond the marker.</p> <p>Game 1 Children should do a standing jump from their marker into space. Children should be given 5 minutes to experiment different types of jumps.</p> <p>Long Jump After experimenting move onto long jumps. Children should have bent legs with arms placed behind them. When jumping throw arms forwards to add momentum. Children should jump from their toes rather than the balls of their feet.</p> <p>Progression Add a three-step run up. Ensure children jump before they reach the marker to avoid a foul jump.</p> <p>Triple Jump From a standing jump, children should hop to the first marker. Encourage take-off and landing from the same leg. Repeat. Once ready, children should hop to the first marker and skip to the second cone. Encourage children to jump to the other foot. Once completed children should then hop to the first marker, skip to the second and jump into the space in front of them. Do all from standing jump to begin with.</p> <p>Ensure when landing, knees are bent right down the floor to take all pressure off the knees.</p> <p>Send your attempts to your teachers!</p>