

# ATHLETICS LESSON 3

Learning Intention : *How can you jump?*

**Physical Development (Gross Motor Skill ELG) :**

**Negotiate space and obstacles safely; with consideration for themselves and others.**

**Demonstrate strength, balance and co-ordination.**

**Move energetically, such as running, jumping, hopping and skipping**

# EARLY YEARS

Resources:

Cones, hoops  
bean bags,  
throw down -spots/strips

## WARM UP: Mr Men

 Negotiate Space

- Mr Happy – skip around
- Mr Grumpy – stomp around with a grumpy face
- Mr Slow – move around slowly
- Mr Wobbly – wobble around like jellies
- Mr Jump – jump around with two feet
- Mr Hop – hop around
- Mr Fast – run around as fast as you can (safety: look out for your other Mr Men friends)

## ACTIVITY 1: Magic Diamond

 Move energetically- Jumping

 Move energetically- Hopping

1. In pairs children to see if they can make a diamond shape with throw-down strips or cones.
2. In how many different ways can they jump over the magic diamond? E.g. two feet to two feet, two feet to one foot, one foot to one foot.
3. Teacher to ask some children to demonstrate.

Q & A – How can they jump further? If they bend their knees and use their arms, what happens?  
– Can they try it without their arms? How does it feel?

**Make it easier:** To jump over the smaller tip of the diamond.

**Make it harder::** Encourage them to jump over the largest part of the diamond – can they make it bigger?

Safety:



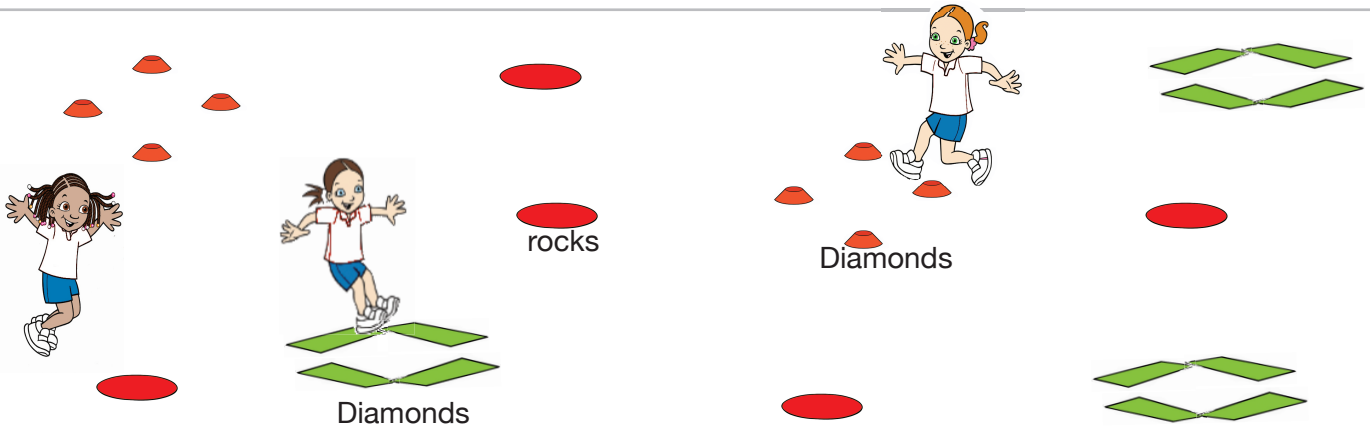
**Safety:**

Ensure that all children bend their knees when landing.

- Move energetically- Jumping
- Move energetically- Hopping

## ACTIVITY 2: Hot Diamonds and Rocks

Add more throw-down spots (rocks) and cones onto the ground.  
Children to move around over ALL the hot diamonds and rocks, jumping over them in different ways.  
**Safety:** Children to look out for their friends.



- Move energetically- Jumping
- Demonstrate strength
- Demonstrate balance
- Demonstrate co-ordination

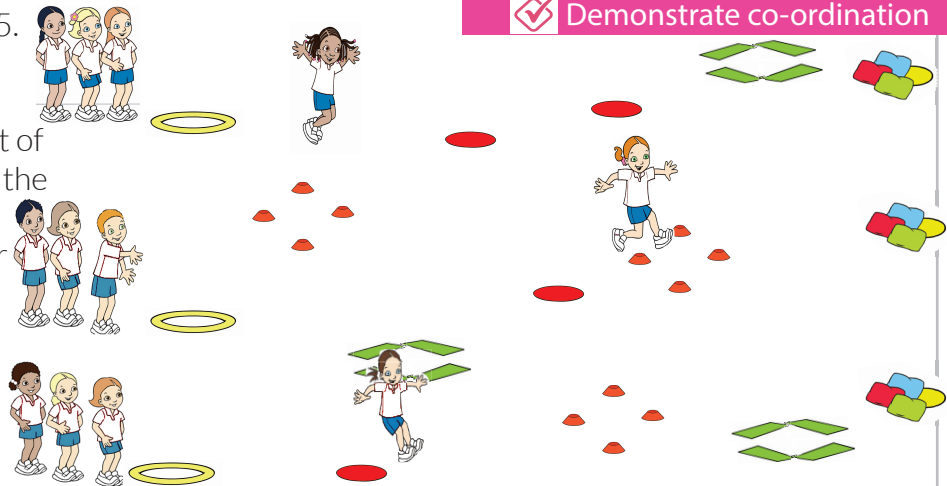
## ACTIVITY 3: Treasure

Teacher to place children in teams of 4/5.

1. They have to jump to the treasure (bean bag in hoop) and bring it back. They are only allowed to carry one bit of treasure at a time and must high-five the next person to go.

- 1st time they go they are to jump over 2 diamonds/rocks
- 2nd time – 3 diamonds/rocks
- 3rd time – 4 diamonds/rocks etc.

Q & A – How can they jump across the treasure? What must they use?



## ACTIVITY 4: Race Time

- Move energetically- Running

1. To finish children can have a fun race and tidy up the equipment.
2. They are only allowed to collect one bit of equipment at a time and must high-five the next person to go.
3. They can count up the equipment at the end to see who has won!

### COOL DOWN

Play Mr Men game and finish off with Mr slow or Mr Sleepy.

### PLENARY

What is important when jumping? What did you enjoy the most in the lesson?