

GYMNASTICS LESSON 2

Year 1

Learning Intention: How can you perform a jump?

EQUIPMENT:

Resource card,
spots, cones.

Year 1

I can perform a jump with some control

I can perform a jump with control and a strong body

I can perform a jump with control, a strong body and pointed toes

KEY WORDS: Straight, Squat, Pike , Tuck, Start, Finish

Warm up: Astronauts

Children to find a space and listen to the teacher's instructions. Children to pretend they are moving around like astronauts. Teacher can demonstrate: e.g. big steps, floating, jumping, moving slowly.

1. When teacher calls "Crater jump"- children to pretend they are jumping craters.
(Encourage children to jump over the craters in different ways – e.g. two feet to two feet, one foot to the other (leap), one foot to two feet.
2. When teacher calls "Straight Jump" children perform what they think a Straight Jump is.
3. When teacher calls "Star Jump" children perform what they think a Star Jump is.

NB: You can put out spots/cones to use as visual craters

**Linking learning: What jumps
can they remember from Early Years?**

Activity 1: Show me a shape - you can use resource cards

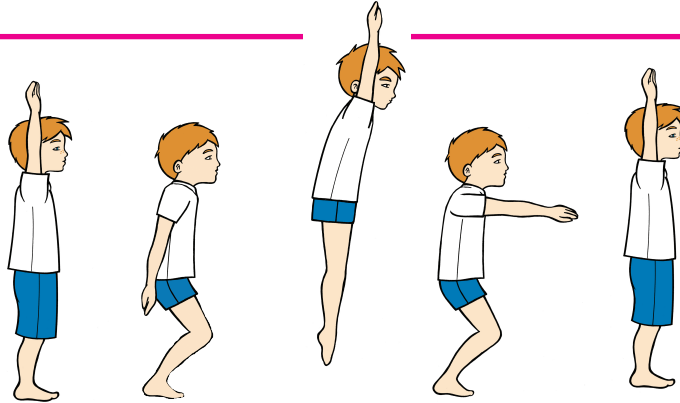
Show me a shape ... teacher to call out:

Straight shape
Star
Straddle
Tuck
Dish
Arch
Squat
Pike

Activity 2: Straight Jump

1. Teacher to go through straight jump (they can imagine they are tall, **straight** rockets jumping up!)
 - a) Start in a Straight shape.
 - b) Bend knees, take arms down and behind.
 - c) Jump up (quickly) and lift arms above head.
 - d) Straight shape in the air.
 - e) Take off and land on the same spot – **IMPORTANT**: bent knees; hands out in front to balance.
3. Countdown as a class: 5, 4, 3, 2, 1, then whoosh arms up above head as if shooting into space, keep body as straight as a rocket.

CHALLENGE: To point their toes when jumping.



Imagine they are rockets

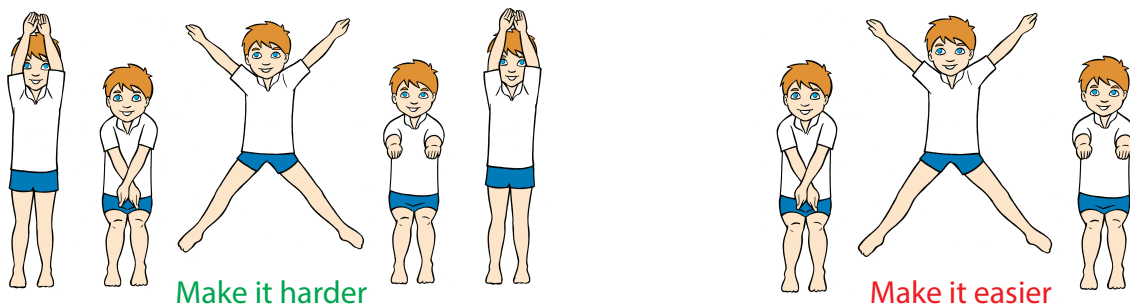
IMPORTANT:
Land on two feet and bend knees.

Activity 3: Star jump

- a) Start by standing in a straight shape.
- b) Bend knees, swing arms in front.
- c) In the air, spring open legs and swing arms out to make a star shape.
- d) Before landing, bring legs back together.
- e) Land in chair shape and finish tall and straight.

Make it easier:
To start with hands down in front of them in a cross position.

CHALLENGE: To point their toes when jumping.



Activity 4: Mirror Jump

1. Children to practise jumps in pairs.
2. Can they jump at the **same time** as their partner? As if they are looking in a mirror.
3. Can they jump side by side?
4. Children can then perform their jumps to the group.

Make it harder: Gymnast to show other jumps they know e.g. tuck jump

More able gymnasts: You could extend them by giving them a bench or a box top to jump off.

While children are practising jumps, you could begin to get the apparatus out.

Activity 5: **Extension-** Jumping off benches

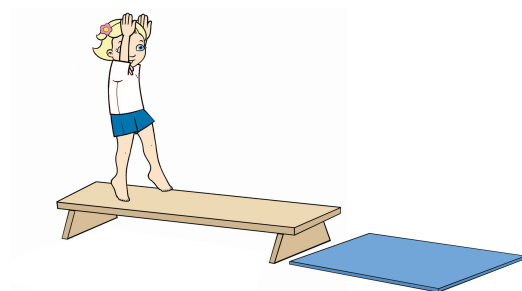
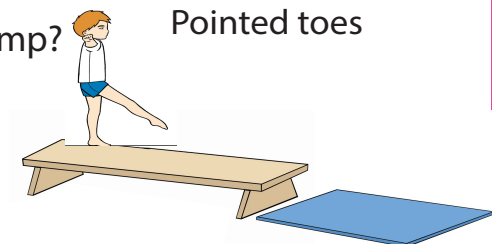
- 1) Children to walk along the bench with pointed toes.
- 2) Can they jump off the bench performing a straight or star jump?

Make it harder:
Pointed toes

Make it harder: Jump off in a tuck shape

Jumps:

- ✓ Strong body
- ✓ Bend knees when landing
- ✓ Land 2 feet



Remember: Bend knees when landing

Cool Down: Play "Astronauts." Teacher calls in turn – "Straight", "Star jump" - to check **progress**.

Plenary: Ask the children what their favourite jump was?
How should your body be when you jump?