

INDOOR ATHLETICS LESSON 2

Year 1

EQUIPMENT:

Standing Long Jump mat or tape
Cones
Throw down strip and tape, hoops
Stop watches

Learning Intention: How can you jump in different ways?

Year 1

I can jump 2 feet to 2 feet

I can jump side to side keeping my balance

I can take big steps, one after another and use my arms to help me get further

WARM UP: 5 MINUTE Bean Game

Children find a space and respond to the following commands (Teacher to keep changing the commands):

- Runner bean- Sprint on the spot
- Broad bean - Star shape
- Chilli Bean - Jump on the spot
- Baked bean- Curl up into a ball
- String Bean - Walk around stretching up tall
- Jelly Bean- Wobble like a jelly
- FRENCH bean (NEW) - children say "Oooh la la!!"

Activity 1: Big jumps

Teacher to split the class into 6 groups.

1. Children to have a go at big jumps across the hall - can they jump with two feet?

After they have tried jumping with 2 feet- ask them what might help their jump go further?

- **Swing arms**
- **Bend knees**
- **Look forward**

2. Ask them to try again and see if they can make bigger jumps

Activity 2: Big Steps

1. Children to have a go at **big steps** across the hall - imagine they are super heros - making the biggest step (leaps)

After they have tried the big steps explain to them this is known as **leaping**. How can they make their steps/leaps go further

- **Use arms**
- **Imagine there is air inbetween each step**
- **Look forward**

2. Ask them to try again and see if they can make bigger steps/leaps

Activity 3: Side jumps

Children to have a cone each. Ask them to experiment jumping over the cone. Imagine they are super speedy superheroes.

Can they now jump over sideways. How quickly can they do this?

Ask them what might make them go quicker:

- **Light feet**
- **Bounce at the same time (feet together)**
- **Keep low**

2. Ask them to try again and see if they can speed up their bounces

Activity 4: SET UP : See page 3

Organisation

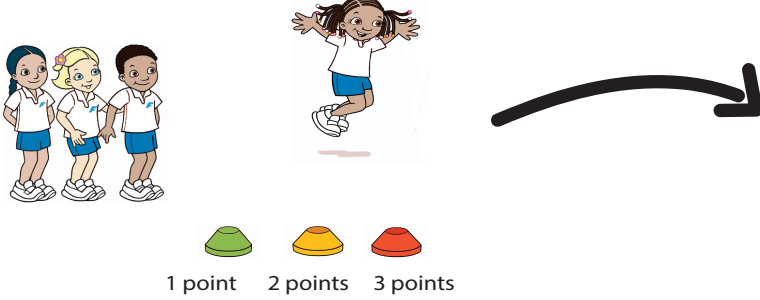
- Set up the six activity stations (repeat station 1-3)
- Split the children into equal groups, one group starting at each station.
- Children to attempt the activity at their stations (3-4 minutes per station)

Note, if recording results:

TA can stay on SPEED BOUNCE station to score.

Activity 4

Station 1: Standing Long Jump

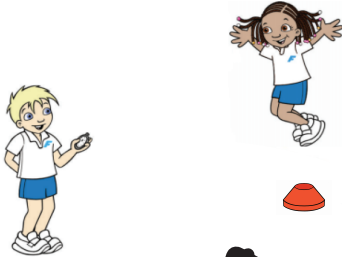


- 1) Jump (you can use long jump mat if you have one)
- 2) Jump two feet to two feet
- 3) How many points can you get

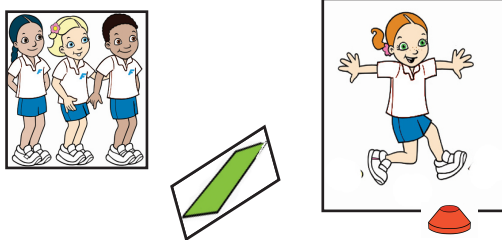
TP: Use your arms
Challenge: add a bonus cone (4 points)



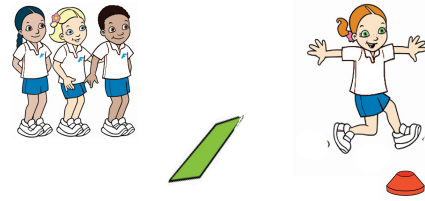
Station 6: Speed Bounce



Station 5: Big Steps



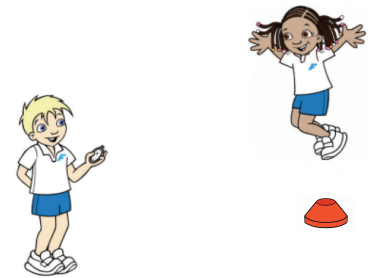
Station 2: Big Steps



- 1) Start behind the line
- 2) Take 3 Big Steps (Leaps)
- 3) How far can you get?

TP: Use your arms
Challenge: Can you get to 3m?

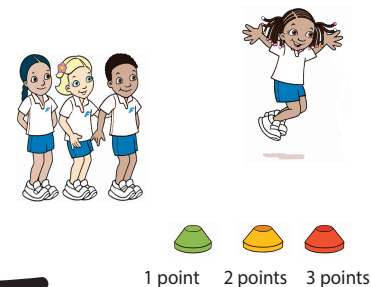
Station 2: Speed Bounce



- 1) Jump over sideways
- 2) Two feet
- 3) How many can you do in 20 seconds

TP: Use your arms
Challenge: Can count for your partner

Station 4: Standing Long Jump



COOL DOWN

Teacher to repeat the warm up children finishing off walking around like a string bean

PLENARY

What did you enjoy about the lesson? How did you jump in different ways?