

Year 3 - Athletic Lesson 2 - Page 1

We are learning how to jump for height and using prior knowledge to help us.



Warm-up - Jumping jacks

- Students should ensure that they have enough space around them, and this activity can be completed indoors or outdoors.
- The majority of the students should act as the rabbits. It should perform two-footed jumps around the space, in any direction, escaping the farmer.
- One student should act as the farmer, who can run instead of jumping.
- If the rabbit is tagged by the farmer, they should perform five-star jumps before returning to the game, and the farmer should count how many rabbits they tag.
- Rounds should be played 30 seconds at a time.

Activity 1 - Standing jump rehearsal (what works?)

- Teachers should mark the walls in the space where the lesson will take place so the students can use it as a reference for height.
- Students should work in groups of three or four.
- Students should be given a measuring tape to mark out the point at which the student can reach when extending their arms and standing flat on their feet.
- This same student should then attempt their jump, and the point of the wall the student can reach should also be marked.
- Using the measuring tape, the distance between the two points should be measured, and the student should write this down as their personal best score.
- The roles should reverse around the group, so each student gets a turn at jumping, marking and measuring.
- Students should explore what allows them to generate height when performing a standing jump. For example, what do they need to do with their arms, feet, knees etc., to create height, and the teacher can prompt the students first.
- The students should decide if different techniques make any difference.

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Activity 2 - Standing high jump (3 goes each, beat your PB)

- Students should get into groups, and one student per group should stand against a wall and reach up with their arms, like in the previous activity.
- The reaching point of the student should be marked.
- The same student should then jump as high as possible and touch the wall, and this point should be marked.
- The distance between the two points should then be measured and recorded as the personal best score.
- The roles should be reversed within the group, like in the previous activity, so students have 3 attempts at each role. Students should offer tips to each other on how they can beat their personal best scores.

Activity 3 - Standing high jump (Team height)

- Students should work in the same groups and with the same equipment as in the previous activities.
- The teacher should start with the students, giving them heights of creative objects or items.
- Students should then aim to meet the same height and consider how many jumps it takes them to do.
- Maths should be used. For example, if a cow is 150cm, how many jumps would it take to reach 150cm?
- This should be repeated with different objects/items.