

Year 4 - Athletic Lesson 1 - Page 1

We are learning to perform jumps in isolation and combination for distance



Warm-up - Jumping jacks

- For this warm-up, students will need a larger space which could be indoor or outdoor. Using rubber spots and lines will be an obstacle for students to avoid, helping them stay focused throughout the activity.
- Once the activity begins, students will move around the space they have by jogging and must make sure they avoid the spots and lines. Once the teacher claps twice, students must find a spot or a line and perform 5-speed bounces side to side over that spot or line. After those speed bounces, students will be free to move around but continue avoiding the spots and lines.
- Teachers can put changes on the way to do the speed bounces as well as move around the spots and lines. For example, instead of side to side, students can start hopping or backwards jumps for the speed bounces and for travelling around the space, students can side step or skip rather than jogging. This will allow students to learn and discover other ways of travelling.

Activity 1 - 3 hop challenge

- Students will now be doing a hop challenge. Students must be in pairs or groups of 3-4, depending on the available space. The aim is for students to hop forward as far as possible they can but just within 3 hops. Students will then try and beat their own personal results for the rest of the activity with the support of their teammates.
- Students will first begin by seeing which leg they can hop with the best and make sure that the hops are as fluent as possible without stopping each time they hop. Once they are ready, students can start the challenge and mark their results by teammates putting a cone on where each person in the group or pair stops after the 3 hops.

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Activity 2 - hop-step-jump rehearse

- For this activity, students will use their preferred leg and hop once, then take a step with the other leg, and then jump forward with both feet. This can be explained easier as “a hop, a swap and then a together” teacher must demonstrate it to students to better understand this activity.
- Once it has been demonstrated, students can then begin to try this themselves for 5 minutes but in their own time, own pace and space. Students must decide which leg is better used and see how far they can go by starting off small and gradually jumping further. This will help them prepare for the competition.

Activity 3 - hop-step-jump competition

- For the competition, students can work in groups or as a pair. Students will be doing their 3 hops as well as the hop, swap and together that they have previously worked on and aim to go further as possible that each student can do
- The furthest jump a student makes, the teammate must use a measuring tape and measure the jumps that have been made or bring a cone and place it to the furthest point of the student's body, such as the feet and mark the jump.
- Each group or pair will have to work together and coach and encourage each other to achieve the best results they can get. This will help them understand “Healthy Minds, Healthy Bodies, Healthy Heroes.”