

Year 4 - Athletic Lesson 2

Objective - We are learning to jump for a distance of 1-2 feet.



Warm-up - Run Rabbit

- In a large enough area for all students to jump around in.
- One student is given a bib and is the farmer. The rest are rabbits.
- Rabbits can do 2-footed jumps in any direction. The farmer can run and must tag as many rabbits as he can in a round.
- If a rabbit is tagged, it must do 5-star jumps where they were tagged before joining in again.
- Play 30-second rounds before switching farmers. More farmers can be added to increase the difficulty.

Activity 1 - Swap (hop, step, jump) 2 teams stand opposite

- Split class into groups, e.g. groups of 6, then split those groups in half again.
- The two groups of 3 stand facing each other 15m apart, the first student in one of the lines must hop, step, and jump towards the other group's line.
- When they get there, they must high-five the front student, who hop, step, and jump back to the first team. This continues until everyone has swapped sides.
- This can also be done with standing jumps or hoping to build up.

Activity 2 - Jump a person (run and jump 1-2 three-step run-up)

- In pairs or small groups, the tallest member lies on the floor and is drawn round in chalk.
- Then start with each member doing one-footed and two-footed jumps from the feet of the chalk to see how far they can jump.
- Then progress to them, starting with a 3 step run-up to resembling a triple jump take-off.
- Use different coloured chalk for each group member to see who can jump the furthest.