### Year 2 Athletics Lesson 4 Objectives

- To experiment with different types of jumps and landing (all).
- To be able to clear mini barrier with jumps (most).
- To be able to jump for distance (all).

### Introduction/ warm up (Connection and Activation)

**Fruit Basket**

Divide the class into 4 groups and have them move into each corner of the area. Give each of the groups a fruit name such as apples, oranges, bananas and watermelons. Call two of the fruit names and those groups have to run and change places. When you call "Fruit Basket" all of the children run and sit in the centre of the area.

### Main (Development/ Application)

**Development:** Using different ways of jumping, e.g. two feet to two feet, two fee to one foot, one foot to same foot, one foot to opposite foot, see how far, high or long you can jump in challenges such as:

- Can you skip without stopping for 10 seconds, 20 seconds etc?
- Can you jump across the space, e.g. a badminton court in less than five jumps?
- Can you jump further than the distance between your head and your feet when you are lying down?

**Application:** Continue with core task or Jumping for distance:

Set out mini long jump pits using cones. In small groups children practice the standing long jump. Cones that make up the pit represent distance:
- 1 point for cone 1, 2 points cone 2, 3 points cone 3
Points are given depending on where feet land – other in group tells jumper how many points they receive.

**Cool Down:** The Mr. Man Game

- Mr. Slow - move slowly.
- Mr. Rush - move fast.
- Mr. Jelly - shake your whole body.
- Mr. Muddle - walk backwards.
- Mr. Bounce - bounce!
- Mr. Small - crouches and moves.
- Mr. Tall - stretch up and move

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**Adaptations and variations on the task**

Ask the children to:
- Set visible targets to jump past, such as drawn lines or soft cones. Ask them to estimate how far they can jump
- Copy each other’s jumps, mirror each other, and jump together
- Jump further or skip for longer, to make the task harder
- Jump up to touch balloons hanging down at different heights, to test how high they can jump
- Find different ways of measuring their jumps, e.g. how many steps, how many hand spans