Learning objective: **Demonstrate how to jump as far as possible.**

- To use a variety of jumping sequences (all)
- To be able to take off and land with power and balance (most)
- Demonstrate a one footed long jump (some)

### Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
</table>
| Domes and Dishes - Split the class into four groups. Sets up two courts (two teams on each). Have half the cones pointing upwards like a cup and half the cones pointing downwards like a dome. With two teams, one team must turn the cups over to make them domes and the other team must turn the domes over to make | 15 mins | - Pupils have to jump to cones  
- Use weaker hand to flip cones |

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<tr>
<th>Main (Development/ Application)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
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| Swap- Place children in teams of 4, with teams sitting opposite each other, 5m. Number children 1-4 Explain the actions required: hop (same), step (other) or jump (both). Call out a number and an action e.g. 3 hop: 3 pupils from each team hop to the opposite side and sit down in the vacant space as quickly as possible. J | 10 mins | - Use different jumps in combination  
- Pupils to set their own jumping combinations  
- Running start |
| 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 – others in group tell jumper how many points they receive. 5 World Record Long Jump Challenge- Set out the distance of world long jump and see how many jumps it takes pupils to reach that target. | 10 mins | - Running start  
- Increase distances  
- Take off of different feet |

**Encourage children to:** adopt a balanced stance with feet slightly apart bend their knees & drive arms forward at take off make a long thin shape in the air land softly on their feet with bent knees

**Plenary**

Run warm up that was planned last week.