# Year 1 - Athletics - Combining Jumps

**Learning objective:**
- To be able ways of jumping. (all)
- To be able to jump for distance. (most)
- To be able to jump for height. (some)

## Lesson Structure

<table>
<thead>
<tr>
<th>Introduction/ warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rats and Rabbits</strong></td>
<td>10 Minutes</td>
<td><strong>Support</strong></td>
</tr>
<tr>
<td>Everyone pairs up with someone of a similar speed or ability.</td>
<td></td>
<td><strong>Extension</strong></td>
</tr>
<tr>
<td>Each pair stands back to back, a couple of feet apart.</td>
<td></td>
<td>Decrease distance between pairs (start them back to back)</td>
</tr>
<tr>
<td>One of all the pairs is a rabbit the other is a rat.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>When the teacher calls rats, the rats run as fast as they can to the line or cones, while the rabbits turn around and chase, intending to catch their partner.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Main (Development/ Application)
### Movement Mixes
Children show they can – jump, hop and skip around a designated area.
- Jump then hop (vice versa).
- Skip then jump.
- Hop then skip.

Moving from 1 line to another (10m)
- Get children to make a sequence of movements i.e. hop, jump, hop, jump
- Jump, jump, skip, and skip.

### Play Copycat
One student shows another student a sequence. The watching student has to copy it. If they perform it correctly they show a sequence and the other has to copy.

### Copycat Add On
Play in pairs 1 student performs a move the other partner copies it, then adds their move on to the end. The other partner then copies and adds on. Pairs carry on till one partner does not complete the sequence correctly.

If you win go to one end of the area and challenge someone new, if you get caught out go to the other end and challenge someone new.

### Support
- Remind students to bend their knees, keep their hands out.

### Extension
- Add a turn in.
- Land one footed on different feet.

### Plenary
Discuss the best way for controlling their movements.

[www.moving-matters.org](http://www.moving-matters.org)