**Year 1 - Athletics - Jumping**

**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**

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<thead>
<tr>
<th>Introduction/warm-up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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**Jump Challenges for distance**
- 2 - 2 feet.
- 2 feet - 1 foot.
- Start with 2 feet spread apart and land with 2 feet together.
- 1 Foot to then land with 2 feet apart.

Moving from 1 line to another (10m) how many jumps does it take to reach the opposite line.

**Support**
- Help children jump and balance – do this by using their arms to swing while they take off from the ground. When landing they make sure they have their hands out like a scarecrow.

What you can do with your arms to generate more power for your jump?

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**Initiation**
- Arms swing back
- Hips hinge
- Legs & core engaged
- Weight shifts forward

**Start**
- Concentric contractions of legs & core

**Middle**
- Hips & knees fully extend
- Full shoulder flexion
- Highest point = "apogee"

**Landing**
- Hips hinge
- Knees & ankles flex
- Eccentric loading for shock absorption

**Main (Development/Application)**

**With timings**

**Differentiation (Extension/Support)**

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### Jumping Challenges For Height
Working in pairs, children spread out in the available space. Take turns jumping as high as possible with arms in different positions:
- At side
- On hips
- On head
- Swing from low to high
- Swing slowly
- Swing fast

### Jumping With Feet Together And Apart
Using spots as targets, get children to estimate how far they think they can jump using different techniques 1-4. Encourage children to use arms to push themselves forwards—high to low. In two children must work their way from one end of the playground but only jump. Partner 1 starts—jumps and lands. Where they land partner 2 starts from. This practice continues across the playground.

### Plenary
Discuss the best way for jumping and landing for distance.

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<table>
<thead>
<tr>
<th>What works best and why?</th>
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<td>Which position (feet together/feet apart) feels better</td>
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