

# I CAN Run, Jump, Throw, Wheel - Lesson # 4 of 10

## Intermediate (Learn to Train Jumping)

### Introduction

In this lesson, will be practicing jumping. We will be teaching the students how to do a running long jump. The main areas that will be focused on are the run up and the take off.

### Warm Up

#### **Activity: Hop N' Stop Game**

##### **Equipment: 4 pylons**

**Organization:** Mark off a start line and a finish line with cones. Everyone lines up at the start line, the goal is to try to get by the caller, the commands are "Hop" for go and "Stop" for stop. Forward movement via one-foot hop is or two-foot jumps are allowed on the "Hop" command. On "Stop" everyone must stop. The students who move when "Stop" is called go back to the start line and begin again. Make sure the students use proper jumping and hoping techniques,

### Learning Activities/Skill Development

#### **Activity: Running Long Jump (Approach and Take Off)**

##### **Equipment: 12Pylons/block, 6 sticks, 6 mats**

##### **Organization:**

##### **Approach:**

Start by teaching the students how to mark their starting position for the approach. The students will walk backward from the take off point. 1 running steps = 2 walking steps. 5 running steps = 10 walking steps, 7 running steps = 14 walking steps, 12 running steps = 24 walking steps...etc. As a starting point for all the students have them take the same amount of running strides as their age. If they are 11 yrs old they should take 11 running steps, 12 yrs old = 12 running step, 13 yrs old = 13 steps. The starting points can be adjusted later if they need.

##### **Take off:**

One foot take-offs (2 running step approach) - The instructor sets up 6 stations of small obstacle (sticks on blocks, pylons, mats) that the students must try to jump over, one at a time, The students form a line 2 running steps away from each obstacle, They approach will be straight at the barrier. Students must drive the knee of the free leg into the air with a quick motion at take off and also atom to lad safely on two feet bending the knees to absorb the landing.

#### **Activity: Stone Bridge Tree**

##### **Equipment: Pylons to mark the start**

**Organization:** Participants are put into groups of 4. One person in each group adopts one of the following rolls: A runner, a stone (Crouched down), a bridge (Standing with legs apart), and a tree (Standing with hands raised). The runner jumps over the stone, crawls under the bridge, runs around the tree and returns

to take the place of the stone, who assumes the roll of the runner and repeats all three activities, repeat so every gets a turn to run.

**Conclusion:** Discuss with the class the purpose of an even and consistent approach to the long jump. Be sure to ask the kids how many running steps they should be taking and why it is important they do not take too many steps.