

I CAN Run, Jump, Throw, Wheel - Lesson # 5 of 10

Intermediate (Learn to Train Jumping)

Introduction

In this lesson, will be practicing jumping. You can review the jumping technique from lesson four prior to the fist warm-up game. The main teaching point for this lesson will strongly focus on safe landings (quiet landings) and what to do in the air (flight phase).

Warm Up

Activity: Leap Olympus

Equipment: Pylons/tape/skipping rope or existing lines (to mark boundaries), 2-4 tumble mats

Organization: Divide the students into 3 or 4 groups. The take-off and landing areas are marked by tap or skipping ropes or lines already on the floor (The landing area should be a tumble mat). The first person in each team runs up to the Lin, takes off on one foot and lands on both fee (“stick” the landing). It is important that the students understand what a safe landing is and that they practice it during the game, They run back to their team and tag off the next person who then runs jumps and sticks the landing, the team who finished first wins the game.

Learning Activities/Skill Development

Activity: Running Long Jump (Flight and Landing)

Equipment: Obstacles – sticks, blocks, pylons, and or mats

Organization: Do a quick review of lesson #4

Flight:

When the student are in the air review some hint to help them out.

1. Raise the arms in a circle motion at they are taking off with the knee drive
2. Look up at the horizon not down at the ground
3. Keep the body tall not hunched
4. As they are coming down for the landing bring their arm forward and follow the landing procedure.

Landings:

Review proper landings from the Gr 5-6 I Can Run/Jump/Throw lessons.

1. Always land on 2 feet
2. Cushion the landing by bending the knees
3. Land quietly

Practice the whole jump using a 4 running step take off. Set 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 a quick motion at take off and also atom to lad safely on two feet bending the knees to absorb the landing.

Activity: 5 Step Jump for Distance

Equipment: 4 Pylon or 20 skipping ropes

Organization: Divide the student into 4 teams. The instructor sets up an obstacle to jump over (marking the take-off area) and a points grid (using the skipping ropes) beyond the obstacle. The students compete to earn points as a team the further the student jumps, the more points are awarded to the team. Points are awarded only if the student can perform the jumping skill correctly the way they have learned.

Conclusion: Review with the class the four points of the flight and the 3 points of the landing. Also review the purpose of the consistent approach. How many of them were able to control their jumps better in the 5 step jump for distance activity. Did they feel in control or was there something(s) they think they need to work on.