

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

## Learn to Train Jumping

### Introduction

In this lesson, will be practicing jumping. We will be teaching the students how to do a proper standing long jump by isolating the initial small movement and adding the other joint movements throughout the lesson.

### Warm Up

#### **Activity: Snakes and Frogs**

**Equipment:** Music player and music (music is optional, but recommended), 4-8 pylons

**Organization:** Set up a perimeter ~15m X 15m. Select one or two Students to be the snakes rolling or slithering around. The rest of the class are frogs and hop around as frogs. Once a frog is tagged they become snakes and the catcher remains a snake. The numbers of snakes quickly accumulate and the game continues until all the frogs have become snakes.

### Learning Activities/Skill Development:

#### **Activity: Standing Long Jump**

#### **Equipment:**

**Organization:** (begin by isolating joint movements and adding them after each jump)

1. Start by lining up the class beside each other.
2. Have the class jump on the teachers cue only using their ankles
3. Now have them jump again this time using their ankles and their knees
4. The next progression is jumping with the ankles, knees and hips
5. Finally jump using the whole body (Ankles, knees, hips and arms)
6. As the students are jumping have them practice a safe landing by bending at the knees and landing quietly.

### Learning Activities/Skill Development:

#### **Activity: Jump Relay**

**Equipment:** One hoop per student, 4-8 pylons

**Organization:** Set up a start and finish line ~20m apart. Have the student pair up. Give the students their own hoop. One student from the pair tosses the hoop in front of them and then tries to jump into the hoop. If they make the jump then the next child would toss their hoop from standing in their partners hoop then proceeds to jump into their hoop. If they miss the jump then their partner jumps from the last completed jump.

### Closure/Cool Down

#### **Activity: On Your Mark...Set...Slow**

**Equipment:** None

**Organization:** Invite students to find an open space and lie flat on their backs. When the signal, "On Your Mark...Set...Slow!" is called out, students slowly get up and lunge a foot forward holding a stretch on that leg. Repeat the activity by having students lie flat again, but this time, they lunge forward and stretch the other leg. Repeat a few more times with other stretches.

### Objectives:

A 13: I can experience and demonstrate many different locomotor movements during the activities.

B 3: I can participate in activities that work out my heart and improve my strength.

### Safety:

- Remind students to move in a controlled manner in the space and to avoid collisions.
- Students must keep their eyes looking in the direction they are traveling.