

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

## 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).

### Warm Up

#### **Activity: Shark Tag**

**Equipment:** Music player and music (music is optional, but recommended), 4-8 Pylons, 8-12 hoops

**Organization:** Set up a boundary and spread the hoops throughout the play area. Name 1 to 2 students as the sharks and everyone else will be the swimmer. The shark(s) run/swim around after the swimmer. The swimmers can jump onto the islands to get away from the sharks temporarily (count of 5 seconds). Only one swimmer will be allowed on each island at a time. If another swimmer jumps to an island the other swimmer gets bumped off and has to find another island. If a swimmer get tagged by a shark they have to jump onto the beach (just outside the boundaries) and do 3 (Jumping exercises) to get back into the game.

### Learning Activities/Skill Development:

**Activity:** Review landing technique from lesson #4

**Equipment:** Benches, low box or low stairs.

**Organization:** Set up several stations (benches, low boxes or find some low stairs at different heights (no more than waist high on the students)) to practice landing from a low height. Have the students practice landing off each station at least 3 times each

### Learning Activities/Skill Development:

**Activity:** Ninja Test

**Equipment:** None

**Organization:** Have the kids form a circle around the instructor. The instructor will close their eyes. On the count of 3 have the Students jump at the same time. The instructor will point at anyone who makes noise when they land. The students who are pointed at will have to do 3 times a jumping exercise.

### Learning Activities/Skill Development:

**Activity:** Timber Tag (Landing on feet)

**Equipment:** 8-12 pylons, low stairs or benches near the play area, 2-4 beanbags

**Organization:** Set up a perimeter ~20mX20m. Start by picking 2-4 students to be “it” and they will hold a beanbag to indicate that they are it. The “it” students will attempt to tag the other students. Those who get tagged will go to the low bench or near by step and jump off and practice safe landings.

### Closure/Cool Down

**Activity:** Simon Says

**Equipment:** None

**Organization:** As the instructor you will be Simon. The instructor states “Simon says...” and then follows it with a stretch (Touch toes with legs straight, hold one arm across their body). Every couple of stretches do not say, “Simon says...” and see how many students are listening. If you catch any students moving when you do not say “Simon says...” have them do an exercise (3 Jumping Jacks).

### 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.