

# I CAN Run, Jump, Throw, Wheel - Lesson # 6 of 10

## Learn to Train Jumping

### Introduction

In this lesson, will be practicing jumping. Here we will be finishing off our jump section by adding a little technique while the students are in the air. This portion will focus on reaching after the take of phase and before the landing.

### Warm Up

#### **Activity: Kanga Roo Tag**

**Equipment:** Music player and music (music is optional, but recommended), 4-12 pylons for boundaries, 1-3 Rhino Balls, 20 hoops

**Organization:** Set up boundaries ~15mX15m. Place the 20 hoops around the outside of the perimeter different distances from the boundaries. 1-3 students are chosen to be “it” and will hold a rhino ball to indicate they are “it”. If someone gets tagged they have to run to a hoop outside the boundaries and use the jumping technique to jump back into the game. The student who is it will pass the ball off to the student they tagged and they now become it.

### Learning Activities/Skill Development:

**Activity:** Teach the Reach

**Equipment:** None

**Organization:** Have the students experiment with the reaching as far forward as possible and bring the feet up between the arms.

1. Start with the hands and feet on the ground. Walk the hands as far forward as possible and then jump the feet up between the hands.
2. When the students are comfortable they can do the movement quicker and more in a sequential movement.

### Learning Activities/Skill Development:

#### **Activity: Jump Tug O War**

**Equipment:** Painters tape, 1-2 rubber chicken.

**Organization:** Divide the students into 2-4 teams. Place a line of tape on the floor to mark the starting point. The two teams are lined up on either side of the line facing each other. The first person from one team does a standing long jump into the other teams territory and marks the distance with the rubber chicken. Then the first person from the opposing team starts their standing jump from the chicken and jumps back into the opposite direction trying to get into the other teams territory. The teams take turns jumping back and forth trying to get further into each other’s territories. The winning team is the one who pushes the chicken furthest into the other’s territory.

### Closure/Cool Down

**Activity:** Follow the Leader

**Equipment:** 10 pylons

**Organization:** Set up 10 pylons around the gymnasium or field. The instructor chooses one student to lead the class in a run to a pylon and demonstrates a stretch the rest of the class must follow. After each stretch the instructor chooses a new student to lead the class to the next pylon and stretch.

### 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.