

LESSON PLAN: **ATHLETICS**: YEAR 4: WEEK 2

LESSON OBJECTIVE: Understand what the best technique to jump effectively is.

WARM UP (10 MINS)

Students start their warm up by moving around a grid: Running, jumping, skipping, side-stepping, high knees and heel flicks. A number of coloured cones are placed outside the area which students are moving around in. When the teacher calls a coloured cone, students must run as quickly as they can to it. The last person to the cone has 15 star jumps to do.

MAIN LESSON (20 MINS)

Pupils get into pairs with one cone in which they can use to mark where they land. Students take it in turn and start behind a line, they try and do a standing jump to see how far they can get. Mark the back part of the body with the cone. Get pupils to experiment different ways to get a longer jump.

Question: What makes your jump longer?

The teacher is to introduce the correct jumping technique: Bend the knees to take-off, drive the arms forward and up, land on the balls of the feet, quickly push the heels into the ground and bend the knees to cushion the landing, with arms out in front to balance.

Develop: Introduce a run up and one foot jump with a two foot landing. Ask pupils to now record how far they can jump with a run up.

GAME/COMPETITION (15 MINS)

Target Jump: The teacher starts by splitting the class into teams. The teacher places a number of random spots on the floor. They must jump two foot to two foot and land on a spot. Every spot they land on they collect (or counts) and takes back to their team. How many jumps does it take to get across a set area, the least jumps the better.

EQUIPMENT

- Cones
- Floor spots
- Tape Measure

KEYWORDS

- Bend
- Knees
- Drive
- Arms
- Balance

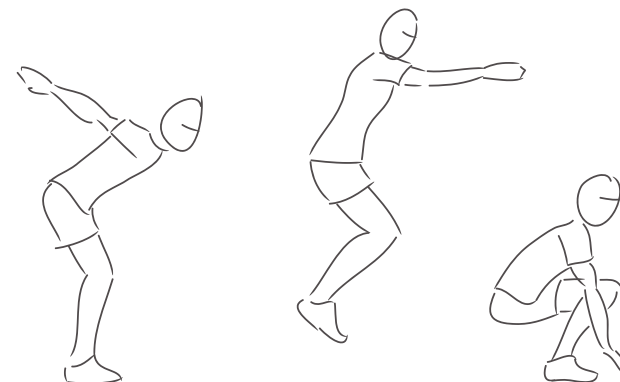
DIFFERENTIATION

LESS ABLE

- Show a picture of the jumping technique.
- Allow stronger students to work with lower ability students to help with technique.

MORE ABLE

- Vary the distances in which pupils need to jump.
- Get pupils to jump over objects such as benches or hurdles.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the jumping skills to a high ability?
	5	Can they perform the jumping skills with a certain degree of control?
	4	Can they perform some of the jumping skills, but to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: running and jumping off of one foot with the correct technique?
	5	Can they show and link: jumping from two feet successfully?
	4	Show they can jump with the correct technique.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.