

Athletics: Jumping for Height

Resources :

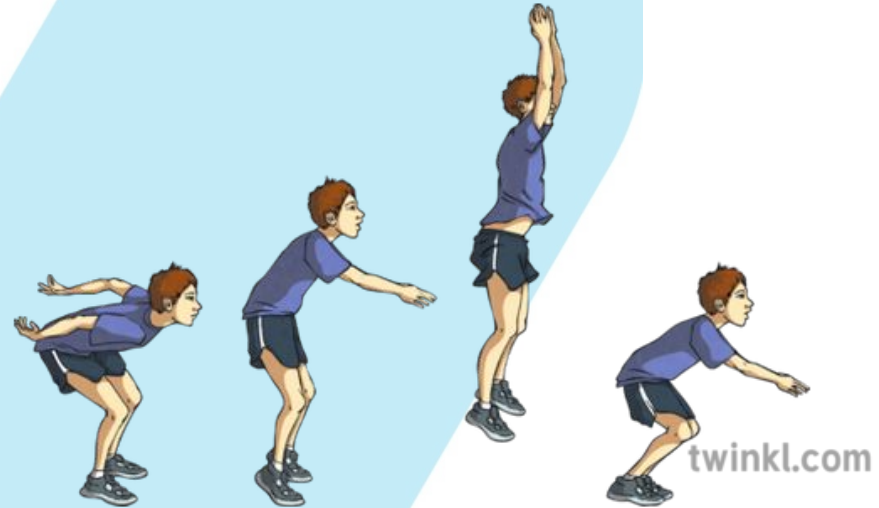
Tops cards: Jumping for Height

Elevating Athletics:

Jumping

Age 5-7 - Animal Jumps & Touch the Teddy

Age 7-9 - On the hop & Target Jump



Athletics: Jumping for Height

Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
Introduction	Name different types of jumps	Name Olympic jumping events	Provide wider understanding of skill/activity
Warm-up	Running on spot, jumping on spot Show different jumps on the spot Show some stretches	Select a variety of running and jumping activities to warm muscles up on the spot Show some stretches and share	Identify and mobilise joints that children will be using Increase heart rate Stretch to avoid injury
Individual	Animal Jumps- In a space can you show me different animals that jump. Think about how you get up in the air and land.(Frog, Kangaroo ect)	Hop to it- In a space can you balance on 1 foot for 5 seconds (swap feet), can you hop 5 times on 1 foot (swap) can you travel while hopping (swap).	To familiarise pupils with different jumps. To develop jumping, hopping and landing
Jumping for Height Task (Tops Card)	Can you jump over the different obstacles on the floor? (Cones, hurdles, lines)	Can you explore the different ways you can jump over the obstacles ? Jumping with 1 foot, 2 feet, landing on 1 foot, 2 feet?	To understand how to jump over an obstacle and land safely.

Athletics: Jumping for Height

Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
	In a space practice jumping high	In a space practice jumping high, can you face a partner (2m away) and see who jumps the highest? How can you get higher?	Start to look at how to generate height with body.
Touch the Teddy/ Target Jump	Using a picture taped to the wall/ chalk marker on wall (2m apart from each other) Can you jump and touch the picture? Stand sideways to the wall, crouch down and reach up.	Using a target marker / chalk chart on the wall... can you try to reach different numbers / reach higher numbers each time you jump? Stand sideways to the wall, how can you reach a higher target?	To understand height To focus on bending knees to generate height, look at how to reach with arms, to soften the landing.
Question	How high do you think a grown up can jump ?	How many other sports can you think of that you need to jump for height in ? (Basketball/ Volleyball/ Netball/ Football Goal Keeper ect)	To understand how the skill links to other activities.
Cool Down	Skip, Hop , Walk reducing the speed of the activity. Show some body stretches.	Skip, Hop, Walk reducing the speed of the activity. Can students suggest any stretches?	To understand which muscles we have used in the lesson.

Jumping for Height Cross Curricular Links

Cross- curricular ideas	Activity 5-7	Activity 7-11
English	How many words can you think of that rhyme with Jump? High?	Vertical Jump / High Jump How many other words can you make using the letters from these two activities?
Mathematics	How many different animals do you think a jumper could jump over? World record for high jump is 245cm.	The world record for men's high jump is 2.45m. Women's high jump is 2.09m. Can you change the distances into cm? Can you change the distances into mm?
ICT	See if you can find a video of someone doing the high jump ... and then then vertical jump. What is different about the two jumps?	Do some research about the high jump... can you create a facts poster about the event? Could you create an instructions sheet on how to perform the vertical jump test?
Art	Can you draw a tall animal? What different features do they have?	Can you make your own measuring chart ? Think about what measurements you will include... what design will you go for ? Could you have an Olympic theme?

Athletics & English (Ages 5-7)

How many words can you think of that rhyme with High and Jump?

High

Jump

Athletics & English (Ages 7-9)

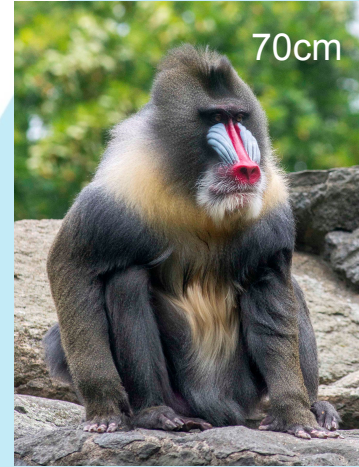
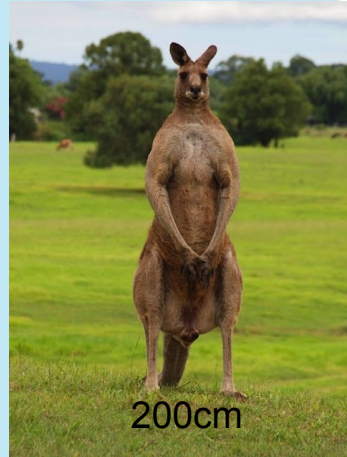
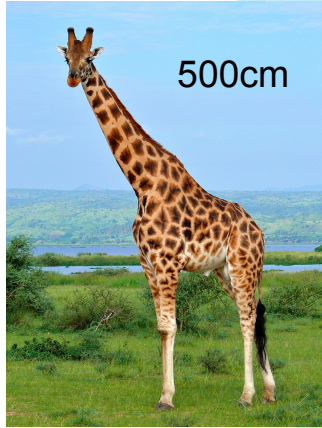
How many other words can you make using the letters from the two activity words below?

High Jump

Vertical Jump

Athletics & Maths (Age 5-7)

The world record for High Jump is 245cm ...can you circle all the animals you could jump over who are less than 245cm?



Athletics & Maths (Ages 7-9)

The world record for high jump is 2.09m for Women and 2.45m for Men ... can you change these distances into CM and MM?

Women's World Record	Men's World Record	Create Your Own Height Example
2.09m	2.45m	
cm	cm	
mm	mm	

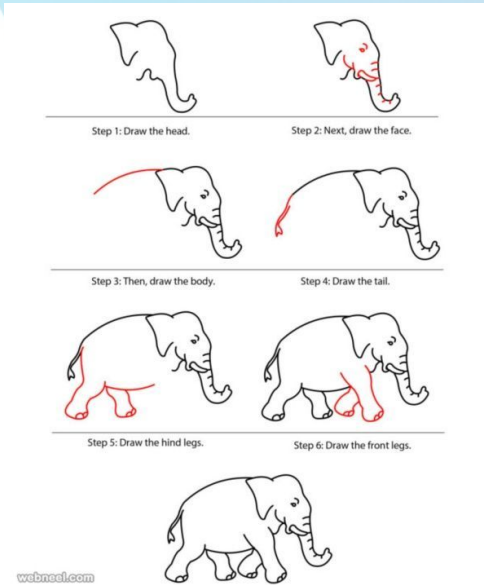
Athletics & ICT (Ages 5-7 & 7-9)

Age 5-7 Task	Age 7-9 Task
<p data-bbox="216 443 942 592">See if you can find a video of someone doing the high jump ... and then then vertical jump.</p> <p data-bbox="216 652 815 748">What is different about the two jumps?</p>	<p data-bbox="989 443 1704 587">Do some research about the high jump... can you create a facts poster about the event?</p> <p data-bbox="989 652 1047 688">Or</p> <p data-bbox="989 756 1734 900">Could you create an instructions sheet on how to perform the vertical jump test?</p>

Athletics & Art (Ages 5-7 & 7-9)

Age 5-7 Task

Can you draw a tall animal? What different features do they have?



Age 7-9 Task

Can you make your own measuring chart? Think about what measurements you will include... what design will you go for? Could you have an Olympic theme?

