

Unit 3: Running & jumping

**LEARNING
OUTCOMES**

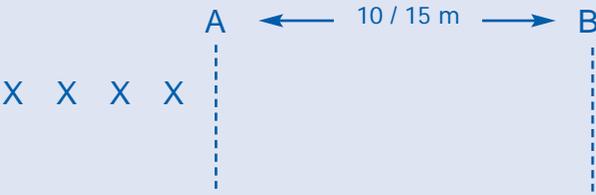
- The student will:**
- develop an understanding of the principles related to jumping for distance and height
 - perform measurement of a number of activities.

EQUIPMENT

Whistle, cones, mats, ropes, speed bounce mats, tape measure, pre-marked mat or floor.

CLASS ORGANISATION

It would be preferable to have a large indoor area for this class

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<p><i>Warm up</i></p>	<p>Aerobic warm up involving skipping. Go into stretching routine. Revise running drills. Do any relay from resource material.</p>	<p>Use questioning to assess students' understanding of warm up. Explain 'pace' and how it varies in different events.</p>
<p><i>Development</i></p>	<p>Revise drills from unit 2, (speed bounce, hopping and stepping drills etc.)</p> <p>Introduce standing long jump Jump with hands above head Jump with hands by side Jump with hands swinging Introduce 1 Step Long Jump</p> <p>Introduce Standing Vertical Jump Straight leg jump Bent leg drive - no arm action Drive with legs, swinging arms 1 step and jump</p> <p>In groups of 4/6, allow students to measure and record standing broad jump and vertical jump.</p> <p>Game: Jump Relay Groups of 4 or 6. Group with fewest jumps (2 footed) from one point to another.</p>	<p>Give sufficient recovery time between each activity.</p> <p>Ensure students land with 2 feet together and bend at knee on impact, flat feet. Progressing to jump with step before jumping.</p> <p>Look for upright trunk, good leg drive, keep head upright.</p> <p>Ensure students land correctly. Ensure all students are involved in jumping, measuring or recording. (use premarked mats / floor).</p> 
<p><i>Conclusion</i></p>	<p>Cool down - Gentle jog/walk & stretching. Revision of what was learned in class.</p>	<p>Identify main muscle groups being stretched. Use questioning (can also be done during cool down phase).</p>