

Unit 4: Jumping & baton changing

**LEARNING
OUTCOMES****The student will:**

- *perform a standing triple jump*
- *outline the basic rules governing sprint relays*
- *demonstrate correct technique of passing baton using down technique.*

EQUIPMENT

Gymnastic mats, whistle cones/markers, batons.

CLASS ORGANISATION

An area of at least 30 x 20 metres, inside/outside.

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<p>Warm up</p>	<p><i>Jogging, side skipping, jumping (one foot - land on two - for height). Co-ordinate arms with free leg. Class to stop every 30 secs to stretch quadriceps, hamstrings, lower back and shoulders plus body weight exercises such as press ups/sit up.</i></p> <p><i>Brief Q&A on main points on Unit 3 - practise / demonstrate.</i></p>	<p><i>Very gentle warm up.</i></p> <p><i>Recap on main areas of Unit 3</i></p>
<p>Development</p>	<p><i>Introduce triple jump from a standing position - demonstrate full jump i.e., for a right footed student. Hop (right to right) Step (right to left). Class Activity (break the triple jump down into its component parts and practise). e.g.,</i></p> <p><i>No1 - Hop (walk back) (Stage 1) Repeat 3 / 5 times</i> <i>No 2 - Hop (walk back) Repeat 3 / 5 times</i></p> <p><i>No 1 - Hop & Step (walk back) (Stage 2)</i> <i>No 2 - Hop & Step (walk back) Repeat 3 / 5 times</i></p> <p><i>No 1 Hop & Step & Jump (Stage 3)</i> <i>No 2 Hop & Step & Jump</i></p> <p><i>Hop, Step & Jump to pre-determined lines/mark (3 / 5 times)</i></p> <p>BATON CHANGING <i>Introduce basics of 'down technique'. Having observed demonstration students perform skill in pairs / groups in stationary position, then walking, followed by passing while jogging (right to left, left to right).</i></p> <p><i>Students practise in straight line in pairs. Have a race in 4's, getting baton from start to finish, without being dropped.</i></p>	<p><i>Have class in pairs all facing one direction</i> <i>Surface-grass or gym mats</i></p> <div data-bbox="1671 808 1873 948" style="text-align: center;"> <p>Direction of jump</p> </div> <p><i>Teacher instructs</i> <i>Students help each other. Distance is not important</i> <i>Place marks 1.5m apart on floor. Look for rhythm i.e., to perform hop, step and jump of similar lengths.</i></p> <p><i>Receiving athlete puts hand back, palm facing upwards with fingers together, thumb out from fingers. Incoming runner passes baton 'down' into outstretched hand.</i></p> <p><i>Look for change with right / left, left / right.</i> <i>You may do this around a running track or in a straight line with short changing zones (see resource material-relay activities).</i></p>
<p>Conclusion/ Cool down</p>	<p><i>Very easy jogging/walking for 2 minutes, followed by stretching of main muscle groups.</i></p> <p><i>Outline basic rules of relay running.</i></p>	<p><i>Cannot throw baton. 'Change-over zone'.</i> <i>Staying in lanes. No interference with others.</i></p>