

Unit 2

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

- develop his / her understanding of the principles in relation to jumping for height
- develop his / her throwing skills.

EQUIPMENT

Cones, canes/high jump standards, basketballs, tennis balls, beach ball.

CLASS ORGANISATION

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
Warm up	<p>Aerobic activity Include running / jumping drills, "cross over stepping" and stretching.</p>	<ul style="list-style-type: none"> • Have students jog/walk between drills. • Look for good technique and ensure all stretches are done correctly.
Development	<p>Vertical Jump High Jump</p> <ul style="list-style-type: none"> • Begin with scissors jump <p>– Use 1 stride run up – Use 3 stride run up – Use 5 stride run up off curve</p> <p>Throwing</p> <ul style="list-style-type: none"> • Two throwing drills e.g. 2 handed chest throw, 2 handed overhead throw, etc. <p>Team competition with beach ball or basketball (see resource materials).</p>	<ul style="list-style-type: none"> • Use suitable high jump landing area. • Use cones and canes or high jump stands with foam / rope/ elastic bar. <p>– Take off on foot away from bar – Swing upwards arm and free leg – Cross bar in sitting position – Keep trunk upright, head high (see resource materials for development of high jump).</p> <ul style="list-style-type: none"> • There are throwing drills in the resource material
Cool down	<p>Gentle jog and stretching routine.</p>	