

Year 1 Gymnastics Unit 1 Lesson 4

Learning Intentions 1. Take off and land with (some) control 2. Jump for height and distance 3. Link jumps and shapes into a simple sequence Skill Development: Taking off and landing	Starter Activity Children should move around the room using different travelling actions as identified by the teacher—jogging, hopping, skipping, walking. As children move around, they should listen to various commands from the teacher. 1. Jump to reach an apple – Children should jump as high as they can as if reaching for an apple high in a tree. 2. Bunny hop – Using hands and feet, transfer weight from hands to feet and jump like a bunny. 3. Kangaroo jump – Keeping feet together, jump around two feet to two feet.	We are learning. to jump high and far.
Success Criteria 1. I can perform basic jumps on the floor and low apparatus. 2. I can show different shapes when jumping. 3. I can jump high and land safely.	Skill Development Taking Off and Landing Practice taking off and landing using the straight jump using the teaching points. As children become more confident and show good control, ask them to jump higher and/or show a different shape (e.g. a star jump).	Teaching Points Straight Jump 1. Stand in a straight position 2. Bend knees and swing arms low, slightly behind the body 3. Straighten knees and push off the ground 4. Swing arms forward and upwards (to help lift) 5. In the air show a nice straight shape: legs and arms straight, toes pointed Magic Chair Landing 1. Land on two feet and bend knees to absorb impact (as if sitting on an imaginary chair) 2. Keep head up looking forward, not at the floor 3. Arms forward about shoulder height 4. Straighten legs and finish in a good straight position with arms extended above the head
National Curriculum Links To perform basic jump on the floor and apparatus	Activity - Stations Set out areas for the stations below up around the room using the apparatus required, and mats for the children to jump onto. You may wish to set up more than one of each station so children can be in smaller groups. Floor Work Basic Jumps • Straight jump • Star jump • Tuck jump Extension: Half-turn jump Low Apparatus Use a bench or low box top and have the children stand on top, then jump off. • Straight jump • Star jump	Key Questions 1. How can we jump higher? 2. How can we make sure we land safely?
Literacy and Numeracy Links L To explain how to land safely N To know I am taking off and landing on 2 feet		

• Star jump

Preparation for taking off – Using speed to assist with a jump

- Start a short distance away from the target (throw down spot or hoop on the mat)
- Run quickly towards the target (build up speed as confidence grows, starting with a slow jog)
- Take off on 1 foot and land with 2 on the target
- From the 2 footed position on target jump up and forward
- Land on two feet, bent knees

Extension: Show a star shape in the air

Linking Jumps and Balances

- Choose a jump
- Choose a balance
- How can you link them together?

3. Can you make your own shape in the air?