



## Athletics Lesson 2

### Learning Objective:

I can develop my balancing skills

### Success Criteria:

I can jump and land with soft knees.

I can move slowly to help maintain balance.

### Warm Up

Jog around your garden or on the spot if indoors. Can you stop as quickly as possible when you hear the word freeze?

Parents: Ask your child to jog slowly to start then at different speeds depending if you are indoors or outside. How quickly can they stop? How much do they wobble when they stop? Can they keep their chest upright when they stop to help balance?

### Main

**Activity One:** Can you throw and catch a ball or object standing on one foot?

**Activity Two:** Can you jump from side to side using one foot to the other? Take off from one foot and land on the other.

**Activity Three:** Can you balance something on your head and see how far you can walk before it falls?

Parents: Encourage your child to look ahead when balancing and to bend their knees when jumping.

### Cool Down

Stand still and stretch upwards, then slowly bend forwards over until you can touch the floor, hold for a count of 5. Sit on the floor with crossed legs, taking in a deep breath as you lift your arms up above your head. Hold for a count of 3 then breathe out and repeat 3 times. Try holding your breath for a count of 5 and repeat.