

## Athletics Lesson 5



### Learning Objective

To develop balance whilst jumping and landing.

### Success Criteria

Bend your knees and land with control.

Keep looking forward as you jump and land.

Keep your chest up whilst moving

### Whole Child Objectives

- Social: I can make safe and responsible decisions when moving around others.
- Emotional: I can work independently.

### Warm up

Jog around your space, practising changing direction and avoiding obstacles.

### Activities

1	Practise jumping with two feet together and landing on both feet at the same time. See if you can do this travelling around the space you are working in.
2	Can you hop by taking off and landing on the same foot? Practise doing this around the space you are working in.
3	See if you can leap by taking off on one foot and landing on the other. How do you find this activity compared to the other two? Is your balance affected?

## Jumping patterns

Can you make a circuit of different jumping patterns? Perhaps you could create signs to go on the floor for different jumping stations or use chalk outside. You could even include hopscotch! Practise all the different types of jumping and hopping; don't forget to keep your knees soft when you land.

## 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.

Have fun with this activity and feel free to adapt it and make it your own! Don't forget you can email your class teacher to let them know how you got on with this activity or share pictures of you and your family doing it together.

