Léim

Introduction

Jumping is the transfer of weight from one or two feet to two feet. Jumping for height involves jumping as high as possible from a standing position. To jump as high as possible it is important that the legs and arms work together. Jumping for height is important in a range of contexts, such as gymnastics, dance, jumping for a ball in volleyball, basketball and Gaelic football or attempting to get something down from the top shelf.

Each activity A, B and C below is accompanied by a video clip. Click on the D links below, scan the QR code using your mobile device, or visit <u>www.scoilnet.ie/pdst/physlit</u> to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A Begin with arms behind the body. Keep head up and eyes looking forward.

Click here for video

Home Activity B Straighten and extend arms and legs when in the air. Bend ankles, knees and legs when landing.

Click here for video

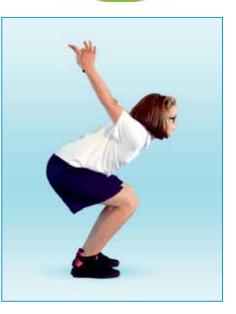
Home Activity C Land on both feet.

Click here for video



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Jumping for height







Léim

	Α
Warm Up	Jumping diceRoll a dice and complete the corresponding jump for each number:1 = Jump for height - As high as possible2 = Pencil Jump - With hands stretched straight upwards3 = tuck jump - bringing knees up to belly4 = star jump - stretching hands and legs to side5 = squat jump - starting bent down in low position6 = Jump for distance - as far as possible
	Today when jumping can you focus on
FMS Focus	Begin with arms behind the body Keep head up and eyes looking forward
Jumping for Height Practise	Twist and Shout
	Description of Activity Invite pupils to find a space in the playing area while the music is playing. When the song (or teacher) says 'Twist' pupils must jump and rotate in the air, land safely and continue moving around When the song (or teacher) says 'Shout' all pupils must jump up as high as they can in the air and shout as loud as they can.
-	 Variations: The songs 'twist and shout' and 'let's twist again' work well for this activity. Do this activity with your favorite song and pick new words upon which to jump Change the way you move in between jumps e.g. hop, skip, side step Change the jumping action e.g throw up a ball and jump to catch each time you hear the code word
-	 The songs 'twist and shout' and 'let's twist again' work well for this activity. Do this activity with your favorite song and pick new words upon which to jump Change the way you move in between jumps e.g. hop, skip, side step Change the jumping action e.g throw up a ball and jump to catch each time you hear the





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	Balloon jump		
Warm Up	Throw/strike a balloon in the air. Try and jump for height as many times as possible before the balloon touches the ground. Try to beat your high score of jumps each time. For more challenge try and catch the balloon before it touches the ground.		
FMS Focus	Today when jumping can you focus on		
	Bend ankles, knees and legs when landingStraighten and extend arms and legs when in the airStraighten and extend arms outlingStraighten and extend arms and legs when in the air		
Jumping for Height Practise	Card Suits		
	 Description of Activity Invite pupils to stand in a space and start marching on the spot. Using an oversized deck of cards, the teacher turns over the cards one by one. Each card will signify an action for pupils to perform, and the number will signify how many of each exercise they do: Diamonds: Star Jump Hearts: Jump as high as possible Clubs: Jump as far as possible Spades: Touch the ground and jump in the air 		
	 Variations: Assign your own movement to the joker or picture cards Assign different jumps to the card suits e.g jump onto a safe raised surface (e.g ledge/curb), jump from a raised surface and upon landing jump immediately in the air, jump to catch a bal thrown off a wall or by a family member 		
Home Challenge	Bottle flip jump Tie one end of a skipping rope/ ribbon/ tights around a bottle. Tie the other end of the rope around your waist. Start with the bottle on its side on the ground. Jump for height and attempt to get the bottle to stand.		
PE Journal	Create your own game that involves the skill of jumping for height. In your PE journal describe		

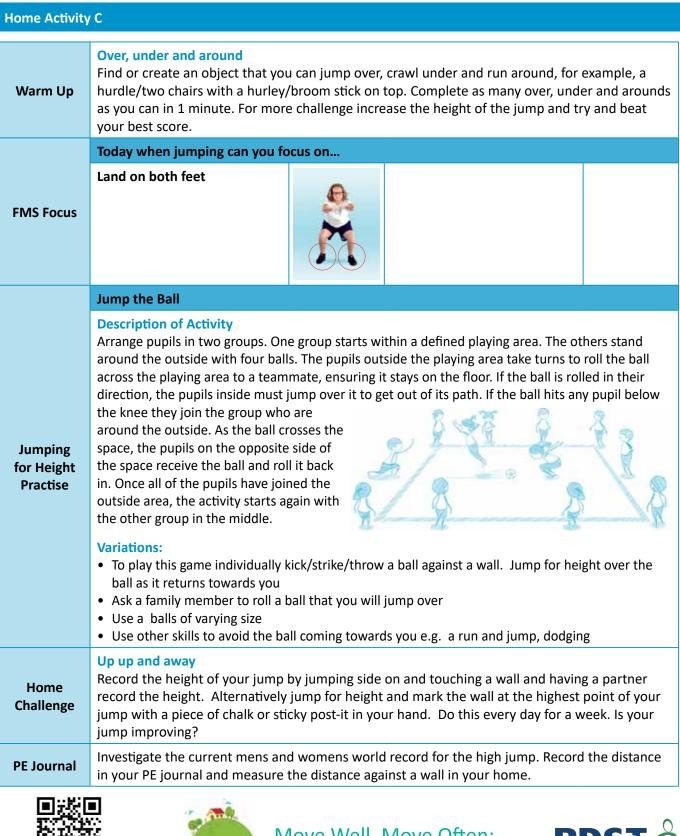




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Scan here for video

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Eyes focused forward or upwards, head up and back straight throughout the jump

Arms swing forwards and upwards

in time with the legs



Crouch with knees bent and arms behind the body



Arms and legs extend as far as possible in the flight phase



Legs forcefully extend and straighten in the air



Ankles, knees and hips bend on landing to absorb the shock



Land on both feet with no more than one step in any direction to control the landing



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