


Teaching ideas for developing the skill of jumping within the Gymnastics Strand for Junior and Senior Infants
(based on the PSSl Lesson Plans)

Activity #	Activities that include jumping for Gymnastics	Teaching Points
1	<p>Exploration of movement</p> <p>Travelling on feet: Practise running, hopping, skipping and jumping.</p> <ul style="list-style-type: none"> • Run, stop; hop, stop; skip, stop; jump stop <p>Exploration of direction: Discuss the words forwards and backwards</p> <p>Walk/run/skip forwards. Stop when they reach their destination and stand. Move backwards.</p> <p>Use of Apparatus</p> <ul style="list-style-type: none"> • Ask the pupils to jump into/out/over the hoop • Hop, skip or jump away from the hoop. 	<p>Jumping for height</p> <ul style="list-style-type: none"> • Eyes focused forward or upwards, head up and back straight throughout the jump • Crouch with knees bent and arms behind the body • Legs forcefully extend and straighten in the air • Arms swing forwards and upwards in time with the legs • Arms and legs extend as far as possible in the flight phase • 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
2	<p>The 5 Basic Jumps</p> <p>Pupils try out each of the five basic jumps.</p> <p>Make a sequence using movements and jumps. Introduce the concept of a starting/finishing position for sequence in an informal manner. The pupils perform a sequence of movements called by the teacher and develop their own sequences, for example:</p> <p>(a) Starting position: stand and stretch out wide. • Jump over and back along the rope to the hoop. • Jump into and out of the hoop. To finish: stand and stretch out wide. Repeat, varying the travelling movements.</p>	<p>Jumping for Distance</p> <ul style="list-style-type: none"> • Get into the 'ready' position by bending the knees, hips and ankles • Head up and eye focused forwards • Explode forward from the ready position • Swing the arms back behind the body then quickly forwards and upwards • Push off from both feet together, with the toes the last part of the body to leave the ground • legs straighten during the flight phase • land on both feet at the same time bending the hips, knees and ankles to absorb the impact

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- (b) Change the rope to a curved shape Starting position: stand and stretch up tall.
- Walk alongside the curved rope.
 - Jump over the rope using two feet to two feet.
 - Jump into the hoop using two feet to one foot. To finish: stand and stretch up tall.
- (c) Develop a sequence with some guidance from the teacher. • Jump into/out/over the rope.
- (d) Develop a sequence without any suggestions. Ask half of the pupils in turn to demonstrate their sequences.

Sequence Stations

Station 1

Place the hands and feet at one side of the rope. Keeping the hands in position, jump over the rope and land the feet on the other side of the rope. Repeat four or five times.

- Place the hands flat on the mat. Push from the feet to land at the other side of the rope.

Station 2

Grip the sides of the bench. Jump the feet high over the bench to land on the other side. Travel along the bench doing this.

- Raise the legs high when jumping over the bench.

Station 3

Find a safe place on the climbing frame. Show a balance with two feet and one hand. Show a second balance with a wide shape. The teacher should supervise at this station.

Station 4

Jump into the hoop. Show a balance with the elbows highest. Move to the mat. Show another balance with the hands/feet highest.

The 5 Basic Jumps

• Two feet to two feet:



• Two feet to one foot:



• One foot to the same foot (step):



• One foot to one other foot (step):



• One foot to two feet (jump):

