Teaching ideas for developing the skill of jumping within the Gymnastics Strand for First and Second Class *(based on the PSSI Lesson Plans)*		
Activity #	**Activities that include jumping for Gymnastics**	**Teaching Points**
1	**Guided sequences** ● Run,jump and show a stretched shape in the air. Land on the mat and roll in a curled shape.Stand. Jump into the hoop and show a stretched shape. ● Run,jump onto the mat and roll in a stretched way across mat.Stand. Jump into the hoop and curl up. **Task Cards** **Task 1** Curl up and travel to the bench. Slide along the bench (like a caterpillar). Stand on the bench and jump onto the mat. Roll in a curled way along the mat **Task 2** Stretch your body and travel to the bench Travel along the bench in a stretched way Stand on the bench and jump onto the mat. Roll in a stretched way along the mat. **Task 3** Create your own sequence: (a) On your own (b) With a partner (c) In fours **Jumping** (a) With a quarter turn Ask the pupils to stand facing one wall - North. Jump with a quarter turn around the compass points to face East, South and West. Give a variety of instructions based on the compass points. Add locomotor movement - '*walk forward, stop, jump to make a quarter turn to either the left or right. Walk'.* (b) With a half turn Ask the pupils to stand facing North. .Jump with a half turn to face the opposite wall (south). Repeat the activities outlined in (a) above.	**Jumping for height** ● 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 **Jumping for Distance** ● 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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		The 5 Basic Jumps
4	**Perform a sequence of movements** Ask the pupils to start and finish each of these sequences by making a pin shape (balance). They should hold these positions for a count of three. (a) Guided sequences (these give the pupils a structure to follow when creating their own.) • Run to the mat,jump onto the mat and spin on seat. • Run to the mat,jump onto the mat and spin on front. • Run onto the mat,jump to make a half turn,crouch,rock from heels to seat to shoulder. (b) pupils sequences: Create a sequence without any suggestions and demonstrate it.	• Two feet to two feet; • Two feet to one foot; • One foot to the same foot (hop); • One foot to one other foot (step); • One foot to two feet (jump).
5	**Make a sequence of running and jumping** Run,jump,run – use the five basic jumps: (a) two feet to two feet; (b) two feet to one foot; (c) one foot to one foot (hop); (d) one foot to one other foot (step); (e) one foot to two feet.	
6	**Link travelling and balancing** The following are sample sequences which the teacher can call out to be performed by the pupils. These give the pupils a structure to follow when creating their own. (a) Run to the mat,stop,balance on the seat. (b) Skip to the mat,stop,balance on the back. (c) Hop to the mat,stop,balance on the front. (d) Jump to the mat,stop,balance on the shoulders. The pupils now create their own sequences.	