


**Teaching ideas for developing the skill of jumping within the Gymnastics Strand for Third and Fourth Class**  
*(based on the PSSI Lesson Plans)*

Activity #	Activities that include jumping for Gymnastics	Teaching Points
<p><b>1</b></p>	<p><b>Turns</b>  <i>Revise the quarter turn and half turn.</i>  <i>Introduce the full turn:</i>            Stand, face one wall and call it north. Jump with a full turn to face north again. Walk forward in a curved pathway, stop and jump to make a full turn. Walk forwards in a zigzag pathway. Stop.</p> 	<p><b>Jumping for height</b></p> <ul style="list-style-type: none"> <li>● Eyes focused forward or upwards, head up and back straight throughout the jump</li> <li>● Crouch with knees bent and arms behind the body</li> <li>● Legs forcefully extend and straighten in the air</li> <li>● Arms swing forwards and upwards in time with the legs</li> <li>● Arms and legs extend as far as possible in the flight phase</li> <li>● Ankles, knees and hips bend on landing to absorb the shock</li> <li>● Land on both feet with no more than one step in any direction to control the landing</li> </ul> <p><b>Jumping for Distance</b></p> <ul style="list-style-type: none"> <li>● Get into the 'ready' position by bending the knees, hips and ankles</li> <li>● Head up and eye focused forwards</li> <li>● Explode forward from the ready position</li> <li>● Swing the arms back behind the body then quickly forwards and upwards</li> <li>● Push off from both feet together, with the toes the last part of the body to leave the ground</li> <li>● legs straighten during the flight phase</li> <li>● land on both feet at the same time bending the hips, knees and ankles to absorb the impact</li> </ul>
<p><b>2</b></p>	<p><b>Perform a sequence of movements</b>            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. Ask the pupils to choose their own starting and finishing positions and hold them for a count of three.</p> <p>(a) Travel to the mat, stand, and forward roll. Stand. Jump a half turn. Balance on one hand and one foot.</p> <p>(b) Travel to the mat, jump to make a full turn, perform a roll of choice and stand.</p> <p>(c) Travel to the mat. Balance on two hands and kick feet into the air. Stand. Roll with a different start and finish. The pupils now create their own sequences.</p>	

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### Perform a sequence of movements

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.

**Sequence 1** – In pairs A and B stand at opposite ends of the mat. Take two steps onto the mat. Sit and balance on the seat and stretch the legs wide. Hold the balance for a count of three. Bring the feet together and stand. Jump to make a half turn and perform a forward roll (or roll of choice) back to the starting point. Stand.

**Sequence 2** – In pairs A and B stand together facing each other at one end of the mat. Perform an arabesque balance. Place the hands by the side of the body. Jump a quarter turn outward to face down the mat. Take one step and perform a forward roll (or roll of choice) down the mat. Stand.

**Sequence 3** – In pairs A and B stand at one end of the mat both facing down the mat. Perform a wine glass balance. Place the hands down by the side of the body. Jump to make a half turn. Backward roll (or roll of choice) down the mat and stand. Jump to make a quarter turn to face each other. Perform a sinking movement/seesaw movement. Stand.

**Sequence 4** - Create your own sequence. Practise and perform for the class.

### 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)

