

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

Activity #	Activities that include jumping for Gymnastics	Teaching Points
<p style="text-align: center;">1</p>	<p><i>Symmetrical sequences on a bench and a mat</i></p> <p>The following are sample sequences of symmetrical movements which the teacher can call out to be performed by the pupils. These give the pupils a structure to follow when creating their own. Alternatively, the pupils in the groups take turns to call the activities. Have a clear starting position and hold the finishing position for a count of three.</p> <p>(a) Jump to the bench and position the arms in symmetrical action. Step onto the bench, travel on the hands and feet along the bench, stand and jump off, making a symmetrical shape in the air.</p> <p>(b) Step onto the bench, show a symmetrical balance on the bench, travel along the bench and stand. Jump off, making a different symmetrical shape in the air and roll on the mat.</p> <p>(c) Move to the bench and using the floor and the bench make a symmetrical balance. Step onto the bench. Move along the bench in a symmetrical way. Jump off and roll on the mat.</p> <p>(d) The pupils now create their own sequences</p>	<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 <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
<p style="text-align: center;">2</p>	<p>Matching Symmetrical Movements in Sequence</p> <p><i>Partners A and B one after the other.</i></p> <p>(a) Travel to the mat, balance on the mat and step onto the bench. Travel along the bench, stand, step off and roll on the mat.</p> <p>(b) Travel to the mat, roll on the mat, step onto the bench and travel along the bench. Hold balance on the bench, jump off the bench and roll on the mat.</p>	

3

Partners A and B work alongside each other.

(a) Step onto the middle of the bench, hold balance on your seat and stand. Travel along the bench in opposite directions, jump off with a full turn, land and roll on the mat.

(b) Travel to the mat and hold balance on the mat. Make a quarter turn to face the bench, step onto the bench and hold balance on the bench. Step off.

Pairs sequences with asymmetrical balances

Partners A and B approaching each other

(a) Travel to the mat on feet and roll on the mat, raising one foot. Step onto the bench. Travel along the bench. Stop. Show an asymmetrical balance on one foot, step off the bench.

(b) Travel to the mat, balance on the mat, step onto the bench and hold a balance on the bench. Make a half turn, travel in opposite directions, stand on the end of the bench, jump off and roll on the mat.

Partners A and B one after the other

(a) Travel to the mat on feet, balance on the mat and step onto the bench. Travel. Show an asymmetrical balance on the hands and feet on the bench and travel. Jump off, showing an asymmetrical shape, land and roll on the mat.

(b) Travel to the mat, roll on the mat and step onto the bench. Travel along the bench, jump a full turn off, land and balance on the mat.

(a) Step onto the middle of the bench, hold balance, make a half turn and travel along the bench in opposite directions. Jump off, making a full turn, land and forward roll on the mat.

(b) Travel to the mat, hold balance on the mat, step onto the bench and hold balance on the bench. Step off.

4

Create and Perform Asymmetrical and symmetrical sequences using apparatus

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)

