

Age 11 - 12 Lesson 1 Running at speed

Learning Outcomes

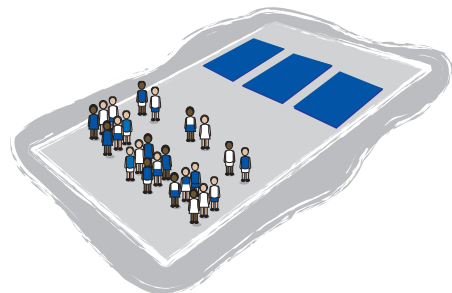
- Perform a two-footed jump with control
- Know the preferred take-off leg

Suggested Resources

- Mats
- Sand pit

Activities

- 1 Revise and practise combination jumps
- 2 Practise standing jumps into a pit: two feet take-off to two feet landing; students exploring aspects of good technique
 - forward lean at take-off
 - co-ordinated drive with the arms
 - full extension at hips, knees and ankles
 - heels whipped through to landing
- 3 Repeat the exercise with a one foot take-off to a two feet landing, exploring preferred take-off leg
- 4 Develop the activity with students taking 1, 2 and then 3 strides before take-off
- 5 Team challenge: in groups of 3, students take it in turns to perform 3 consecutive two-footed jumps, starting their jumps where the previous student finished. How many jumps to cover a set distance (e.g. 20m)



Differentiation and Variation

- Jumping exercises can be conducted on firm grass, an all-weather surface, or on exercise mats placed end to end
- Finish with an individual challenge: the greatest distance covered by 2, 4, 6 hops or two-footed jumps
- Record standing long jump distances
- Students try to jump exactly the same distance as their partner

Learning Point

- Lean forward at take-off
- Drive the arms forwards and upwards
- Extend the hips, knees and ankles fully
- Land on two feet with the knees 'giving' softly