

Age 11 - 12 Lesson 2 Horizontal flight

Learning Outcomes

- Demonstrate a balanced take-off position during long jump

Suggested Resources

- Mats
- Sand pit



Activities

- 1 Students jog slowly in space. Call out numbers, students performing a corresponding jump: 1=left foot hop; 2=right foot hop; 3=two foot jumps; 4=high skip; 5=change direction
- 2 Students practise forward lunges:
 - front leg remains parallel to the ground
 - trunk remains upright
 - back foot remains on the ground
- 3 Take 2 strides before the lunge and land in the pit with the trunk upright
- 4 Students practise holding the take-off position every three strides, walking, jogging and then striding
 - free leg parallel to the ground
 - keeping the trunk upright
- 5 Students practise a 3 stride jump, aiming to hold the free knee position in the air until landing
- 6 Finish with this activity as a competition from the side of the pit

Differentiation and Variation

- Emphasise the 'A' position as more important than distance jumped at this stage
- In small groups, students measure how far they can jump using 1, 2, 3, 4 and 5 stride run-up
- Hold a team competition using combined distances

Learning Point

- At take-off, drive the free knee up and forwards
- Hold the thigh parallel to the ground during flight
- Use the opposite arm to increase momentum