

## Unit 3: Running &amp; jumping

**LEARNING  
OUTCOMES****The student will:**

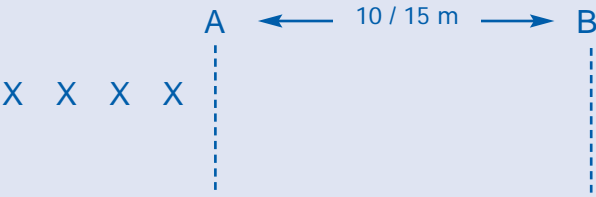
- *develop an understanding of the principles related to jumping for distance and height*
- *perform measurement of a number of activities.*

**EQUIPMENT**

*Whistle, cones, mats, ropes, speed bounce mats, tape measure, pre-marked mat or floor.*

**CLASS ORGANISATION**

*It would be preferable to have a large indoor area for this class*

STAGE	CONTENT / ACTIVITY	TEACHING POINTS
<b>Warm up</b>	<p><i>Aerobic warm up involving skipping. Go into stretching routine. Revise running drills. Do any relay from resource material.</i></p>	<p><i>Use questioning to assess students' understanding of warm up.</i></p> <p><i>Explain 'pace' and how it varies in different events.</i></p>
<b>Development</b>	<p><i>Revise drills from unit 2, (speed bounce, hopping and stepping drills etc.)</i></p> <p><i>Introduce standing long jump Jump with hands above head Jump with hands by side Jump with hands swinging Introduce 1 Step Long Jump</i></p> <p><i>Introduce Standing Vertical Jump Straight leg jump Bent leg drive - no arm action Drive with legs, swinging arms 1 step and jump</i></p> <p><i>In groups of 4/6, allow students to measure and record standing broad jump and vertical jump.</i></p> <p><b>Game: Jump Relay</b> <i>Groups of 4 or 6. Group with fewest jumps (2 footed) from one point to another.</i></p>	<p><i>Give sufficient recovery time between each activity.</i></p> <p><i>Ensure students land with 2 feet together and bend at knee on impact, flat feet. Progressing to jump with step before jumping.</i></p> <p><i>Look for upright trunk, good leg drive, keep head upright.</i></p> <p><i>Ensure students land correctly. Ensure all students are involved in jumping, measuring or recording. (use premarked mats / floor).</i></p> 
<b>Conclusion</b>	<p><i>Cool down - Gentle jog/walk &amp; stretching.</i></p> <p><i>Revision of what was learned in class.</i></p>	<p><i>Identify main muscle groups being stretched. Use questioning (can also be done during cool down phase).</i></p>