

WHFCS PE KS1 PE

Summer term-

Lesson 2 Objective- Jumping

Warm up - PE with Joe wicks morning workout

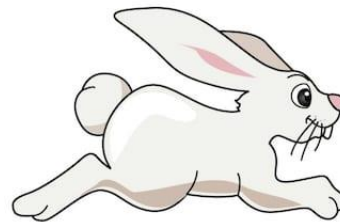
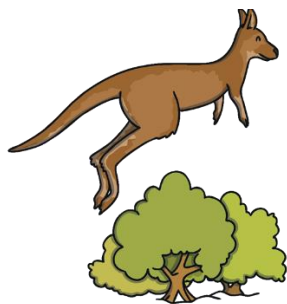
Every morning Monday – Friday at 9.00am Joe Wicks is going to do a workout for all ages of children from 09.00am-09.30am on his YouTube channel, more workouts can be found upon his channel – **The body coach**

https://www.youtube.com/results?search_query=the+body+coach&safe=true

aim for a target. If you find it easy add more targets to see if you can hit both targets

Animal jumps –

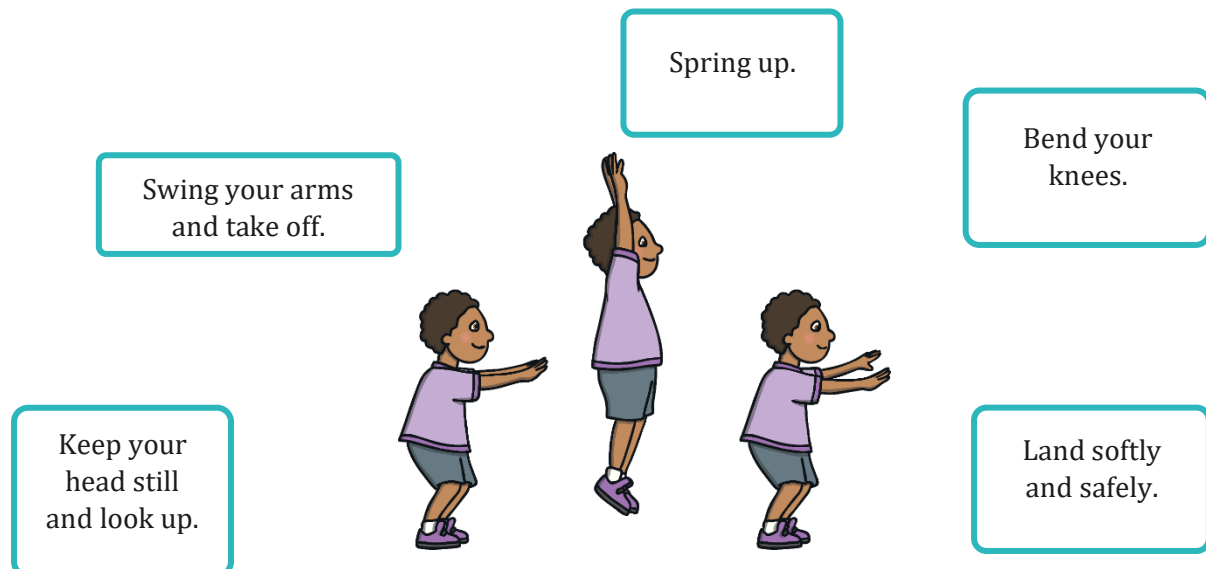
Lots of animal's can jump, can you do jumps like these animals -



Jumping for height

Jumping for height is jumping as high as you can. You need to jump high for many reasons, for example if you were catching a ball up high or jumping over something. Landing safely is important when jumping. I would like you to see how high you can jump and try and beat your score.

1. I would like to see if you can jump up and catch a ball or a bean bag whilst you are jumping.



Hopscotch –

Hopscotch is a game which uses different types of jumps - two feet to one foot, and one foot to two feet. I want you to try a range of different jumps and challenge yourselves.



Bend your knees and take off.



Land safely on two feet.



Lets see if you can try these -

1. two feet to two feet;
2. one foot to two feet;
3. one foot to the opposite foot;
4. jump backward;
5. jump as far as you can;

Long jump -

Jumping for distance is jumping as far as you can. You need to jump for distance during Athletics events such as long jump and triple jump. It is important to land safely when jumping for distance. I would like you to try and jump as far as you can, I would like you to put a piece of paper down or a skipping rope and stand next to it and see how far you can jump .

Lean forward and swing your arms



Swing up and forwards, swinging your legs forward.

Bend your knees.

Jump as far as you can.



Land safely.

Cool down –

Move around a space, you can hop, jump, skip or walk , when a parent or family member says “Abracadabra” you have to freeze.

