

# WHFCS Nursery PE

## Summer term

### Lesson 2 Objective - Jumping

#### Warm up -

I would like you to do these warmup techniques, could you do 10 of these each and do this 3 times. You need to find a space inside or outside and try and your best!



#### I would like you to do 10 star jumps -



I would like you to attempt to hop on each leg 10 times on each-

#### I would like you to do 10 leaps on each leg -



#### I would like to jump around 10 times -



## Jumping beans –

Let's all be jumping beans; I would like you jump around like a jumping bean in race against time.

Can you jump 4 times in 10 seconds -

4



Can you jump 7 times in 15 seconds -

7



Can you jump 10 times in 20 seconds -

10



## Animal jumps –

I would like you to guess what these animals are and jump and move like they do. I would like you to do this for 1 minute each.

