

FOCUS➤

JUMPING

Materials and Equipment

Drum for signal

Introduction

What do a grasshopper, Tigger the Tiger, and a basketball player have in common? They jump. We can jump forward, backward, high in the air, across rain puddles. Always when we jump we need to land with good balance, bending our knees for a soft, balanced landing.

Review from the hopping lesson the difference between hopping and jumping.

There are two kinds of jumping. One is a locomotor skill that moves us through general space. The other jumping is a nonlocomotor skill; it moves us only up and down in self-space. Our focus today will be on landing softly when we jump.

Critical Elements for Landing

- Hips, knees, and ankles bend on landing.
- Shoulders, knees, and ankles align for balance after landing.

LEARNING EXPERIENCE: JUMPING IN SELF-SPACE

- Jumping in self-space—repetitive jumps with little height
 - Landing with good balance, that is, not falling down
 - Landing with bent knees ready to spring back for the next jump
- Jumping forward from self-space position
 - Landing with good balance
 - Landing with bent knees to absorb the force

Safety Check: Check for sufficient room so that students can jump forward with no collisions.

LEARNING EXPERIENCE: JUMPING IN GENERAL SPACE

Jumping to travel in general space—repetitive jumps with very little height or distance

- Landing with good balance, that is, not falling down
- Landing with knees bent, ready to spring back for the next jump

Assessment

Observe students for balanced landings, that is, not falling down.

Closure

- What was our new locomotor skill today?
- How many feet are used for jumping? How many are used for hopping?

Reflection

- Do students land with good balance when jumping forward and upward?
- Do they land on two feet simultaneously?
- Do certain students need extra help with the skill?