

# 2

# ATHLETICS/JUMPING

## Foundation

### OBJECTIVE(S)

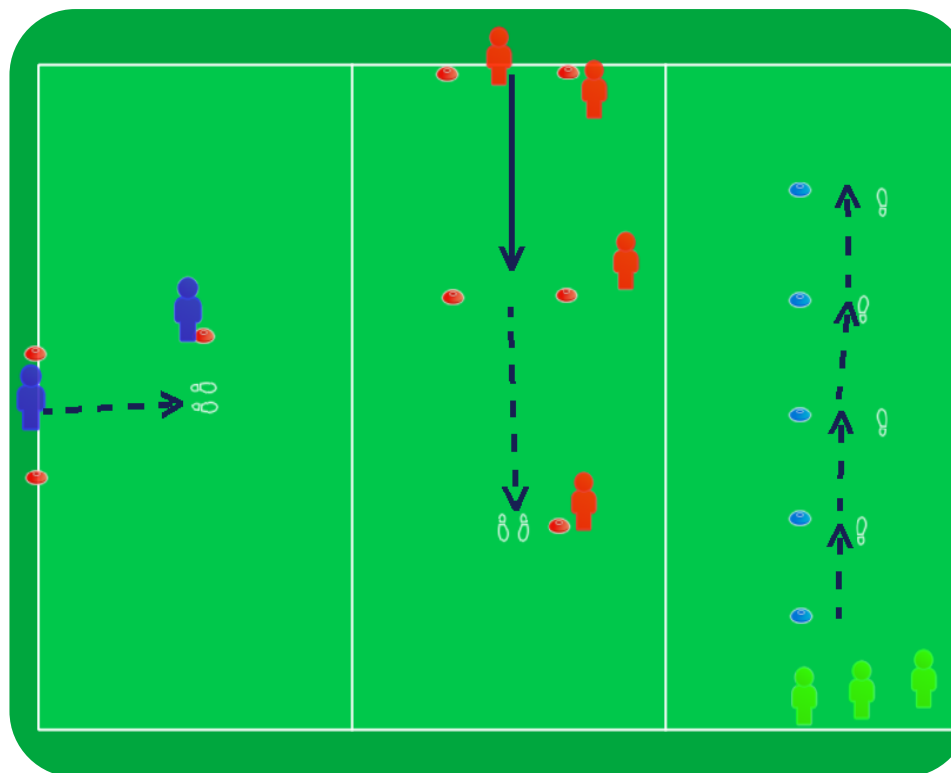
- Develop fundamental skills for horizontal jumps.
- Improve takeoff and landing.

### THE GAME

- Work in 3's as athlete, coach and referee.
- Standing long jump - Use mats or grass. Coaches mark distance with cone.
- Long jump - Short run up to take-off line (cone or hall line). Land on feet.
- Five bounding strides - children make 5 continuous large strides trying to improve distance.

### HARDER/EASIER

- Scores are recorded so Children are competing against themselves.



### COACHING POINTS

- Standing long jump - Place feet side by side at take-off. Bend knees and swing arms.
- Long Jump - Accelerate down the runway towards take off. Drive the take-off leg fast and high, Drive the arms at take-off. Land on feet with bended knees.

### CURRICULUM LINKS

- PDMU - Learn how body works. Playing and competing together.

### FOOTBALL LINKS

- Improving players' ability to challenge for headers in football, and to land safely.

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# ATHLETICS/JUMPING



Foundation

NOTES:

QUESTIONS/COMMENTS:

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