



MAIN ACTIVITY

GAME

Long Jump and High Jump

Spring 2 – Week 22

LEARNING OUTCOMES:

- Gross motor skills.
- Complex co-ordination.
- Gaining confidence and jumping.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Maths.

TIME:

10 mins.

EQUIPMENT:

Quoits, 3 poles, 2 bases and 2 pole clips.

SAFETY:

Only one child jumping at a time. Teacher to ensure that clips holding pole are facing forwards so that when pole is hit it disconnects.

SET-UP:

Long jump: set up the quoits in a T shape, with a spot marker at the front to jump from (marker at base of T).

High jump: set up the high jump with the height of the bar according to the age and ability of the group.

DESCRIPTION

The children line up at the start of the long jump, they have to try and clear the line of quoits. Start the children with a standing long jump and progress to running and jumping.

High jump: each child runs up and jumps to clear the bar. Can also use a landing mat if necessary. The class continuously take turns jumping the long jump followed by the high jump.

PROGRESSION/VARIATION

1. Standing long jump – measure out the world record distance (8.95m). How many jumps can they do as a group to add up to the world record distance.
2. Adapt the height of the bar. Challenge the older children to jump higher.
3. Set a time limit to get round the course.