



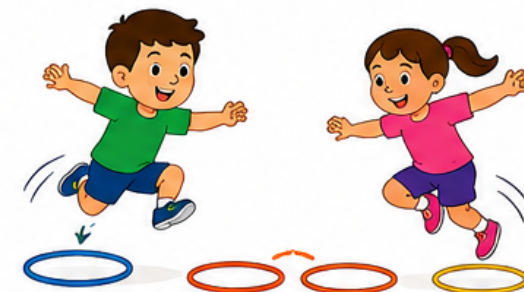
**Leeds Well
School Partnership**

Physical Activity • Physical
Education • Sport

MULTI SKILLS

KEY STAGE 1 (AGES 5-7) – 6 WEEK PROGRAMME

WEEK 2 – JUMPING & LANDING



DURATION

45–60 minutes



AGE

5–7 years



FOCUS

Develop jumping technique
and safe landings.



OUTCOMES

- ✓ Improve jumping technique
- ✓ Build confidence
- ✓ Land safely and with control
- ✓ Enjoy being active

EQUIPMENT

- Hoops
- Spot markers
- Cones

10
MINS

WARM-UP – ANIMAL MOVEMENTS

Children move around the space
like different animals.



• Frogs – squat jumps



• Kangaroos – big jumps



• Rabbits – small, quick hops



• Crabs – sideways steps



Encourage big movements and lots of smiles!

15
MINS

SKILL ACTIVITY – JUMPING CHALLENGES

Children practise different ways of jumping.

- ✓ Two feet to two feet
- ✓ One foot
- ✓ Side-to-side
- ✓ Over lines
- ✓ Over cones



KEY COACHING POINTS

- ✓ Bend your knees
- ✓ Take off with both feet (or one foot)
- ✓ Land softly and quietly
- ✓ Eyes forward, looking ahead

20
MINS

MAIN GAME – RIVER CROSSING

The floor is a river!
Children jump from hoop to hoop
to get to the other side without
touching the water.



CHALLENGE IDEAS

- Make the gaps bigger or smaller.
- Time them to beat their own best.
- Add different jumping styles.



5
MINS

COOL DOWN

Gentle stretches and breathing
to help our bodies relax.

- Reach up to the sky
- Touch your toes
- Hold your legs
- Take three big
breaths in and out



REFLECTION QUESTIONS

- How did you land safely today?
- Which jump was your favourite?
- What helped you jump further?



DIFFERENTIATION

SUPPORT



- ✓ Use closer hoops
- ✓ Smaller gaps
- ✓ Extra demonstrations
- ✓ Give plenty of time
and encouragement



CHALLENGE

- ✓ Increase the distance
- ✓ Try single leg landings
- ✓ Add a time challenge
- ✓ Create your own
jumping sequence



HAVE FUN, BE ACTIVE, BE YOUR BEST!



FUN, INCLUSIVE AND PROGRESSIVE – HELPING EVERY CHILD SUCCEED!

