

overview:

- This lesson focusses on Jumps and leaps in Gymnastics.
- By the end of this lesson, your child should have added Jumps to their Gymnastics Routine.



how to play:

- Ask an adult/helper to call out a balance or key shape.
- You must perform that gymnastic element and hold for 4 seconds.
- Repeat this, changing the between balances and key shapes.

Progression: instead of calling out the specific actions, call out different points of contact e.g., hands, feet, back and performers must come up with an appropriate shape/balance.

how to play:

- Read out and practice the jumps below.
- These jumps will be added to your child's routine.
- When landing remember to land safely with feet together, knees slightly bent, landing on the balls of the feet and head up, back straight and arms out in front for balance and composure.

Straight Jump



- Standing in a smart position, with arms by the side of the body bend knees to prepare take off.
- In the air create a straight shape with the whole body.
- Land on both feet.



Star Jump

- Standing in a smart position, bend knees to prepare take off.
- After taking off move your arms and legs outwards, at the same time, to create a star shape.
- Bring arms and legs back together for landing.
- Land on both feet.



Tuck Jump

- Standing in a smart position, bend knees to prepare take off.
- In the air bring knees up to the chest and use arms to create a tuck shape.
- Come out of the shape to land safely on both feet.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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how to set up:

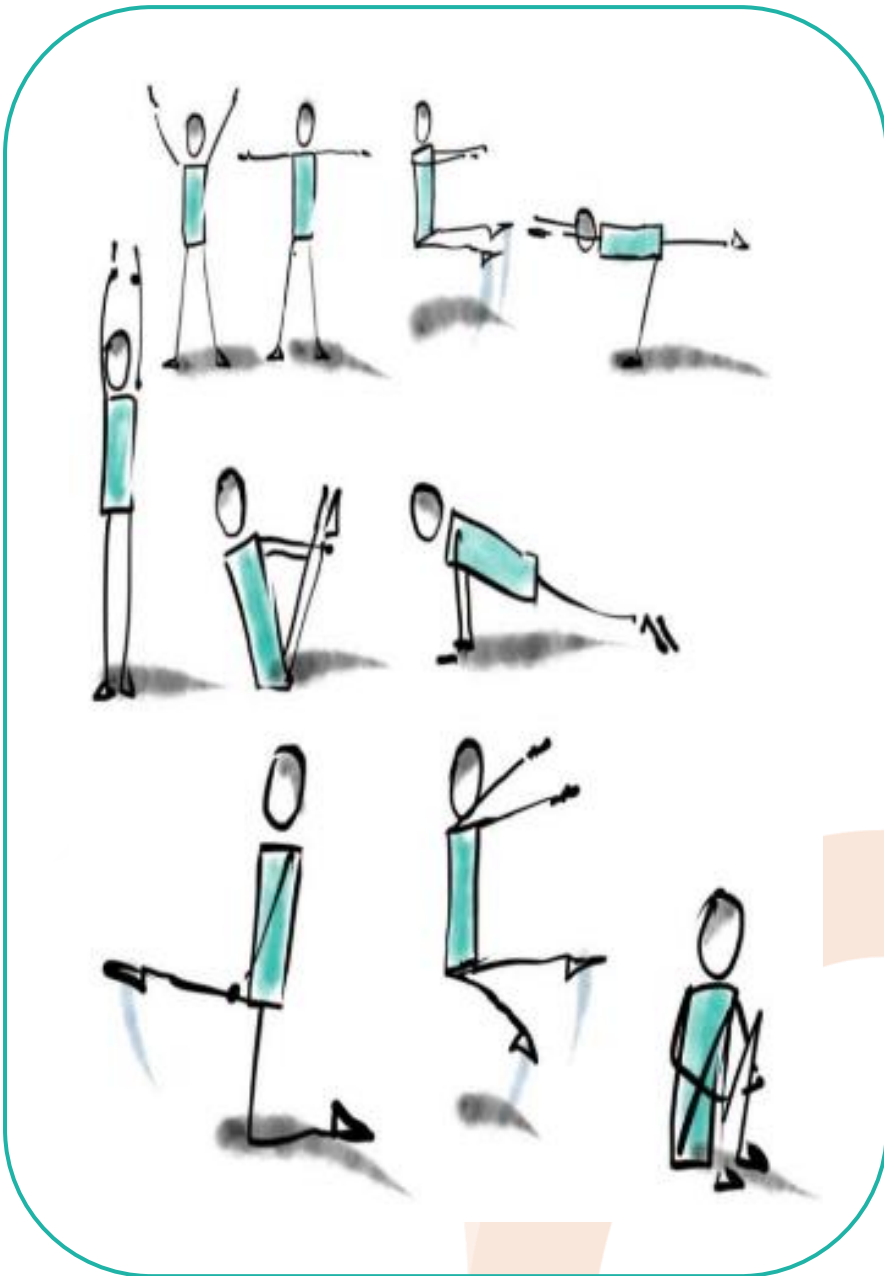
- Create a safe space in your home by moving chairs and tables to the side.



how to play:

- This game allows practise for all the gymnastic elements learnt so far (Key Shapes, Balances at Jumps.
- Think of a gymnastic move (balance, jump, key shape) and perform it.
- Next think of another move, but you must perform the first move, then add the new move.
- Continue repeating the moves from the beginning and adding one on each time.
- If available, ask an adult to help pick the gymnastic moves.
- If more than one child is participating take turns to choose the next move.

Can you think of different ways to link each gymnastic move?



make a routine:

- Add jumps to yesterday's routine.
- Link shapes, balances, and jumps together using smooth transitions.
- Hold all Shapes and Balances for 4 seconds, including when landing a jump.
- **Example Routine:**
 - Start Position = 'Straight'
 - 'Star Jump'
 - 2 steps forward then into an 'Arabesque'
 - Fall forward into a 'Tuck'
 - Roll into a 'Dish'
 - Lift into a 'Crab'
 - Stand up and 'Straight Jump'
 - Finish with a 'Star'
- *Can you perform your routine to music?*
- *Can you create a routine with a partner and include*