

# Athletics: Combination Jumping

Resources:

Tops Cards-  
Jumping the Stream

Elevating Athletics-  
Combination Jumping



# Athletics: Combination Jumping

Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
Introduction	Name different types of jumps	Name Olympic jumping events	Provide wider understanding of skill/activity
Warm-up	Running on spot, jumping on spot Show different jumps on the spot Show some stretches	Select a variety of running and jumping activities to warm muscles up on the spot Show some stretches and share	Identify and mobilise joints that children will be using Increase heart rate Stretch to avoid injury
Individual	On the spot, show me how a Bunny/Kangaroo jumps, how you hop, can you make a big stride away from your spot and then back to it.	Keeping 2m away can you	To familiarise pupils with different jumps. To develop jumping, hopping and striding
	Can you move 2m away by jumping with 2 feet together and still stay 2m away from others, Repeat with hop and strides	Can you move 2m away by jumping with 2 feet together and still stay 2m away from others	To understand and keep 2m distance

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Lesson Focus and Cross- curricular ideas	Activity 5-7	Activity 7-11	Objectives
	In a space make up your own hopscotch pattern	In a space make up your own hopscotch pattern Show and challenge someone else	Begin to link jumps together
Challenge Crossing the River	Set a distance that the children need to cross, the width of a river. How many steps does it take to cross the river. Repeat with hops and then steps.	Set a distance that the children need to cross, the width of a river. How many steps does it take to cross the river. Repeat with hops and then steps.	To understand distance To keep balance and link jumps together
	Can they make up their own pattern of 3 steps and see how far they get?	From a standing position work out which of the 3 they get the furthest Now try a combination of all 3 to see how far they get	To keep balance and link jumps together
Cool Down	See if you can stretch out in a space, wide, tall, small shapes.	Show some stretches that will help stop your muscles from aching-include some for your stomach!	Return body to pre-exercise state

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Cross- curricular ideas	Activity 5-7	Activity 7-11
English	How many words can you come up with that rhyme with HOP, SKIP, JUMP? Write a story about a creature that crossed the river.	Make up a Poem/Short story about HOW the hop skip and jump became the Triple Jump
Mathematics	Measure how far you get using your own feet when you hop/step or Jump 3 times.	Use a variety of measurements to see how far you can jump and to prove which method of 3 jumps was the best for you.
ICT	See if you can find some clips of somebody playing hopscotch and then play your own game.	Can you find when the Triple jump was introduced into the Olympics and find out some interesting facts about some of the athletes who have won gold in this event.
Geography	Can you name some local rivers. Do you know where they start and where they end?	Can you see how rivers change over the course of their journey from beginning to end. At what points are they the widest? What and where are the longest rivers?

# Athletics: Combination Jumping & Literacy Yrs 5-7

How many words can you think of that rhyme with Hop, step and jump?

HOP

STEP

JUMP

# Athletics & English (Ages 7-11)

Make up a your own Poem/Short story about HOW the hop, skip and jump or how it became the Triple Jump. Use the work you have done in the practical lesson. It could be about an animal who found the best way to cross a river.

## Can't Get Over It!

The rabbit wanted to cross the stream.

He can't jump over it,  
He can't swim through it,  
He can't go under it!

The grass looks lush and green,  
It taunts him in his dream  
He might just stamp and scream!

Next he saw some rocks.  
Some big, some small,  
Some wobbly and some tall  
He spotted his route across!

He bent his legs and swung his arms  
Then hopped with all his might.  
He thought he wouldn't get across at all  
He really thought he'd fall!

Balancing on one foot,  
then with all his strength he took  
A ginormous step.  
Still only half way there  
He paused to stop and stare.

Composed he bent his knees  
Then jumped aiming for the trees.  
He made it to the other side  
Eating with happiness and pride.

## Made it!

# Athletics: Combination Jumping & Mathematics Yrs 5-7

Write down how many of your footsteps (place your heel by the toe of your first foot)  
you get for each of the below.

You can have several tries at this to see if you improve.

3 x HOPS

3 x STEPS

3 x JUMPS

Extension- You might like to try mixing up a hop, a step and a jump and seeing how many footsteps you get?





# Athletics: Combination Jumping & Mathematics Yrs 7-11

From standing measure (you may need to use a small ruler and keep adding on if you have no tape measure) you get for each of the below.

You can have several tries at this to see if you improve.



3 x HOPS

3 x STEPS

3 x JUMPS

Extension- How many different combinations of doing 1 x hop, 1 x step and 1 x jump can you find?

Clue...there are 6!

Now try each of them and see which combination gets you the best distance! Remember to measure to the back of your heel of the foot that is closest to where you started!



# Athletics: Combination Jumping & ICT Yrs 5-7

See if you can find some clips of somebody playing hopscotch and the rules of the game. Then you could make up and play your own game. Perhaps someone in your house will play with you? Challenge them!

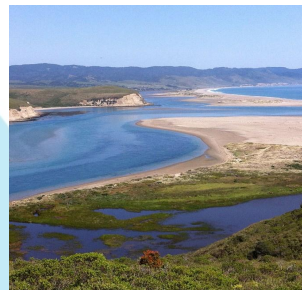


# Athletics: Combination Jumping & ICT Yrs 7-11

Can you find when the Triple jump was first introduced into the Olympics and find out some interesting facts about some of the athletes who have won gold in this event.

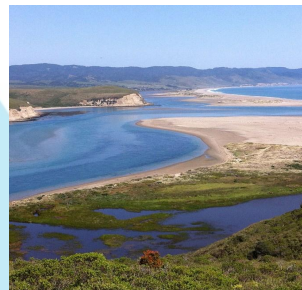
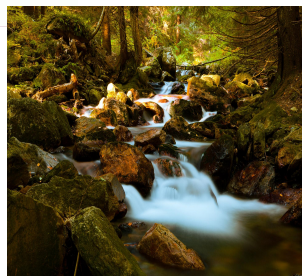


Can you name some local rivers.  
Do you know where they start and where they end?



Name rivers that run through Northumberland?	Where do these rivers start?	What towns do they run through?	Where do they end?

# Athletics: Combination Jumping & Geography Yrs 7-11 Rivers



Describe what is a river.

How rivers are formed.