



## Physical Education

### Jumping Foundation

### Unit Purpose

The unit of work will **explore** jumping, in different directions, at different speeds, different levels, heights and distances.

Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique.

### Inspire Me

The mens world record for the long jump (distance) is held by **Mike Powell**, who jumped 8.95m in 1991. The womens world record is held by **Galina Chistyakova**, who jumped 7.52m in 1988.



### Key Success Criteria

- P** Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.
- C** Pupils will explore their curiosity as they try jumping in a variety of different ways.
- S** Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.
- W** Pupils will show courage as they apply developing confidence while exploring their jumping skills.

### Vocabulary for Learning

**Jumping:** is a form of moving where we use our body to propel ourselves off a surface and into the air.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has jumped.

**Height:** is defined as the distance from the bottom to the top of something. This means how high an athlete has jumped.

**Space:** is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.

### Sport Specific Vocabulary

**Hopping:** is to continuously jump on one foot at the same time.

**Speed:** Is the ability to move all or part of the body as quickly as possible.

**Landing:** Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.

