



Physical Education Jumping Year 1

Unit Purpose

The unit of work will **develop** pupils' understanding of how and why we jump, using our head, arms and feet, applying the correct jumping technique.

Pupils will begin to understand the different reasons when, where and why we jump in different ways

Inspire Me

The mens world record for the high jump (height) is held by **Javier Sotomayor**, who jumped 2.45m in 1993. The womens world record is held by **Stefka Kostadinova**, who jumped 2.09m in 1987.



Key Success Criteria

- P** Pupils will apply the correct technique for jumping and explore skipping. Pupils will develop their jumping skills and jump into spaces to avoid the defenders.
- C** Pupils will understand why, when and where we jump in a game with developing focus and concentration on the correct jumping technique.
- S** Pupils will start to give and receive feedback concerning the jumping technique. Fairness will be applied as pupils play by the rules.
- W** Pupils will continue to develop and apply life skills such as courage and honesty as they play within the rules of the game and jump confidently.

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.

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.

Attacker: We are considered an 'attacker' when we are trying to move into space to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are trying to catch an attacker.



Sport Specific Vocabulary

Skipping: is a combination of a long step and a hop, stepping from one foot to the other with a hop or bounce.

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.

