**Week Beginning: 10.5.2020**

**PE Area: Athletics**

Recap on athletics.

Athletics is the sport of competing in track and field events, including running races and various competitions in jumping and throwing.

There are 3 main skills needed for athletics:

**Running**

**Jumping**

**Throwing**

Today you are going to focus on jumping, take a look at these videos:

High jump

<https://www.bing.com/videos/search?q=high+jump+best+of+short+clip&&view=detail&mid=212010B6D5C44B9C6B26212010B6D5C44B9C6B26&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dhigh%2520jump%2520best%2520of%2520short%2520clip%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26ghc%3D1%26pq%3Dhigh%2520jump%2520best%2520of%2520short%2520clip%26sc%3D0-28%26sk%3D%26cvid%3D12A0575CDFF14466ABDE94E79955281D>

Long jump

<https://www.youtube.com/watch?v=9QGlOoutwLY>

Hurdles

<https://www.bing.com/videos/search?q=worlds+best+hurdle+jumps&ru=%2fvideos%2fsearch%3fq%3dworlds%2bbest%2bhurdle%2bjumps%26qpvt%3dworlds%2bbest%2bhurdle%2bjumps%26FORM%3dVDRE&qpvt=worlds+best+hurdle+jumps&view=detail&mid=7FAF8725E34E527B68417FAF8725E34E527B6841&&FORM=VDRVRV>

**Warm up**

DVD game

Children pretend they are a DVD player by using their bodies to respond to play, pause, stop, rewind and fast forward. While playing make sure you change the DVD for a sports, dance, cooking, animal or singing DVD, children should respond by acting the chosen DVD out.

**Main**

**High jump**

Stick 4 different pictures at different heights on the wall/shed. (See resources for images, or use the ones from last week). Make sure you stick your pictures up so they increase in height as this will be the difficulty range.

Stand under each picture, bend down and jump, pushing your arms up to help you jump as high as possible, try and hit the picture with your hand.

\*If you can reach all pictures increase the height.

\*You could use chalk /pencil to mark the picture as you jump, this way you can see if your jumps improve.

**Long jump – Cross the river**

You will need to set up a channel to cross, this will be the river.

Set it up so it is small at one end and bigger at the other.

You could use chalk, sticks, stones or rope to mark your river.

Start standing still knees slightly bent.

Swing your arms backwards and forwards a few times in preparation to jump.

As you swing your arms forward, jump forwards with both feet, bringing your arms back down as you land.

Try and land on two feet in the landing position.

Start at the smallest end of the river and work your way down to the biggest end of the river.

\*You could also a run up.

\*Increase the difficulty by increasing the distance of the river.

\*Try measuring the distance you can jump and seeing if you can improve.

**Jump quiz**

Ask - How many different ways can you jump on your feet?

See if children can find all 5 ways.

1foot-1foot (hop)

1foot – 1 foot (opposite foot)

1foot- 2 feet

2feet- 1 foot

2feet- 2 feet

Call out each and see if they can respond with the correct jump.