The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

PE Wednesday 4th
February 2021

Learning Objective:

To perform a range of jumps accurately

What do we need to do before we exercise?



Well done! We do need to warm up!

We're going to follow this video for a great way to warm up your body!

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

Make sure you follow each move very carefully, you could practice them in front of a mirror if you have one.

Gymnastics

- ▶ We are going to be continuing with our gymnastics this week and focusing on jumping and leaping.

Taking Off and Landing

The way you take off and land a jump is very important in gymnastics!

Skills

Take off and land on both feet.

Take off on two feet and land on one.

Take off and land from a raised platform, e.g. a bench.

Take off and land between two marked-out areas on the ground.

Tips

Remember to keep your chest up and look forward as you land.

Straighten your legs and arms to finish.
Always land on two feet if jumping off apparatus.



Jumping Jacks



Jumping jacks,
Straight Jumps.

Step 1: Put your arms at your side, elbows straight, and feet together.

Step 2: Jump your feet apart and lift your arms over your head.

Step 3: Clap your hands together over your head.

Step 4: Bring your hands back down by your side and jump your feet back together.

Step 5: Keep your breathing steady.

Straight jumps

Step 1: Take off with two feet.

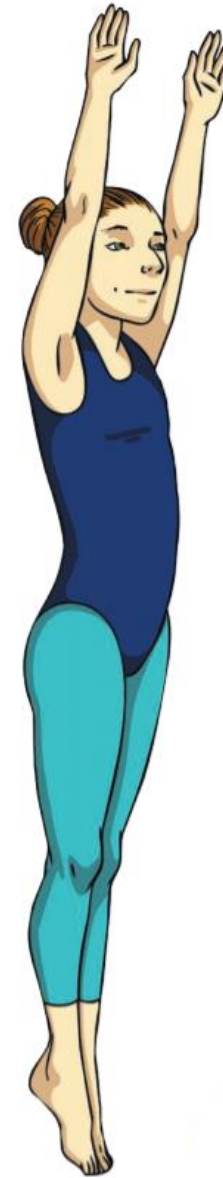
Step 2: Use your arms to swing up.

Step 3: Make a stretched shape (arms and legs both straight) in the air.

Step 4: Extend and stretch through to your fingers and toes.

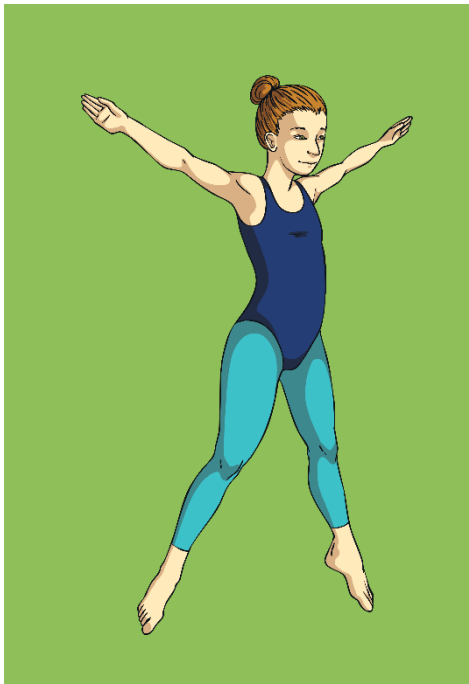
Step 5: Toes pointed.

Step 6: Land on two feet with your arms forward for balance.



Star Jump

A star jump is similar to a jumping jack except that in a star jump both arms and legs reach out to the sides to create a star shape in the air.



Step 1: Start with your legs together and arms by your sides. Bend your knees then jump upwards, swinging both your arms and legs out to the side while keeping them straight.

Step 2: Bring your arms back to your sides and legs together to land.

Remember to keep your arms, legs and body straight and point your toes during this jump.

Straight Jump Half Turn

A straight jump half turn is a helpful gymnastics movement that allows a gymnast to transition between movements or create interest in routines. It requires strong body awareness, shaping and control.

Step 1: Bend your knees then jump upwards swinging your arms back and up to create lift.

Step 2: Stretch your body as you jump, keeping your core (tummy) muscles tight. Your arms should be reaching up to the sky.

Step 3: Twist your body as you jump so that you land facing the opposite direction.

Remember to point your toes while you are in the air.

Cat Leap

In a cat leap a gymnast travels upwards and forwards by leaping from one foot to the other.



Step 1: Start with your arms by your side. Step forward and push off the ground with one leg, reaching your arms up above your head as you do so.

Step 2: Bring the knee of the other leg upwards nice and high while keeping the toe pointing down towards the floor.

Step 3: Land on the foot of this leg and then step forward with your starting leg to finish the move, bringing your arms back down to your side.

Remember to point your toes while you are in the air during the leap.

Gymnastics

- ▶ Now, can you create a sequence(pattern) of your favourite jumps?

Challenge:

- ▶ Can you add in some of the shapes from last lesson?

Gymnastics

- ▶ Now, you need to think of your favourite superhero!
- ▶ Join in with this video! Can you spot any of the jumps you have been practising?

<https://www.youtube.com/watch?v=cvMbkw2572k>

Great work today!

- ▶ Which jump was your favourite?
- ▶ We now need to do our cool down as we have been doing exercise.

Let's stretch our legs.

Practice this one with your right foot.
Hold for 3-5 seconds.
Swap feet and repeat.

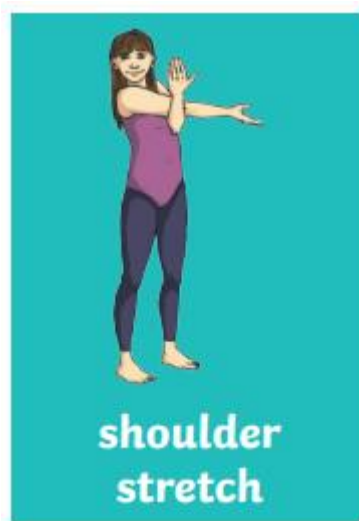


Practice this one with your right foot.
Hold for 3-5 seconds.
Swap feet and repeat.

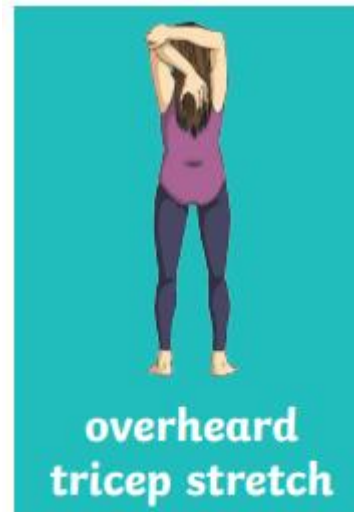


Now, let's stretch our arms

Practice this one with your right arm.
Hold for 3-5 seconds.
Swap arms and repeat.



Practice this one with your right arm.
Hold for 3-5 seconds.
Swap arms and repeat.



Well done! We should always cool down.

Finally, have a go at this 5 minute cool down. You can use this after any exercise you do, including going on a walk.

<https://www.youtube.com/watch?v=M-d11QiWdm8&safe=active>

Great work!

- ▶ Remember, try and fit in at least 60 minutes of exercise a day!
- ▶ You do not have to do 60 minutes in one go. You could do 15 minutes in the morning, 30minutes at lunchtime and 15 minutes for your brain break!
- ▶ You can follow online videos, if you are not sure where to start, you can do Go Noodle/Just Dance videos or even create your own activity.
- ▶ Whether you are dancing, walking, jogging or practising your yoga/gymnastics, it will all help to make you healthy!