



JUMPING - BEGINNER	
Equipment	
1 jump rope per team of 2, 4 pylons, checklist, pen/pencil	
Safety Issues	
Spread the teams far apart and warn kids to jump safely without running into each other. The playing surface should be dry and not slippery. To prevent injury, encourage kids to land on their feet and bend their knees to absorb the shock of the jump.	
Objectives	
At the end of the lesson plan, kids will: <ol style="list-style-type: none"> 1. Understand why form and rhythm are important to jumping 2. Demonstrate correct body form before take-off 3. Demonstrate correct rhythm before take-off 	
Standards	
To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: California , Florida , Georgia , Illinois , Michigan , North Carolina , New Jersey , New York , Pennsylvania , Texas , and Virginia .	
Introduction	
<p>Q: What is the object of jumping events in track and field? A: To jump as high as possible or to jump as far as possible.</p> <p>Q: What are the different ways you can jump? A: One leg jumps, two legs jumps, hopping, bounding, leaping, standing jump, running jump, etc.</p> <p>In today's lesson, we are going to learn: <ol style="list-style-type: none"> 1. Why form and rhythm are important to the standing long jump 2. Correct jumping form before take-off 3. Correct rhythm before take-off </p>	
Warm Up	
<p>Skipping Warm Up</p> <ol style="list-style-type: none"> 1. Instruct all kids to line up on the start line. 2. Kids have to skip from start line to finish line, approximately 30 feet apart. 3. Kids should do 6 repetitions, moving their arms a different way each time: <ul style="list-style-type: none"> • Sideways, up and down, forward circles, backward circles, arms swinging together, arms in opposition 	
Skills	
<ol style="list-style-type: none"> 1. Form is important for the standing broad jump because it impacts how far you are able to jump. 2. Think about how hard it would be to jump forward if you couldn't bend your knees 	

or swing your arms when jumping. Demonstrate how awkward it is to jump with stiff limbs. The correct form when jumping is to have the arms swinging in rhythm with knee bends.

3. Correct body form before take-off:
 - a. Foot Placement – shoulder-width apart.
 - b. Balls of Feet - rocking up to the balls of the feet.
 - c. Knees – deep knee bends to load legs.
 - d. Arms – swing or pull arms back to load arms.
4. Correct rhythm before take-off:
 - a. When squatting down, arms should be back.
 - b. When standing straight, arms should be up high.
 - c. Repeat rhythm three times before take-off.

Drill

Jump Rope Drill

1. Divide kids into pairs.
2. Give each pair a jump rope.
3. One kid in the pair should start jumping rope, while the other kid should critique his or her arm action and rhythm.
4. The kid should jump rope for approximately 30 seconds.
5. Have kids switch, so each gets a turn jumping and critiquing.

FUNDamental

Coach Says – “Jumping Out” Race

1. Divide the kids into teams.
2. Instruct all the kids to stand at the start line in their teams.
3. Kids perform jumps according to the type that is called (e.g., long jump or a 1- to 2-step running long jump).
4. If a kid fails to perform the correct jump or correct number of steps, the kid must return to the start line.
5. The instructor should apply the rules for “Simon Says,” mixing the types of jumps and calling out the command beginning with “Coach Says.”
6. If a kid jumps without the instructor saying “Coach Says” first, the kid must go back to the starting line.
7. The first team to completely cross the finish line wins.

Cool Down

Hop & Stop Cool Down

1. Instruct all kids to line up on the start line.
2. The instructor randomly calls out “hop” or “stop”.
3. The kids must do the correct movement associated with each command:
 - Hop = everyone hops forward using two-foot hops
 - Stop = everyone stops hopping
4. If a kid does not stop on the “stop” command, he or she must go back to the start line.
5. The first person to cross the finish line wins.



Conclusion
Q: What other sports do you play that require you to be able to jump? A: Cheerleading, football, basketball, diving, gymnastics, and martial arts. Q: When you have to jump, what are you going to do to make sure you will jump farther? A: Foot Placement – shoulder-width apart, Balls of Feet – rocking up to the balls of the feet, Knees – deep knee bends to load legs, Arms – swing or pull arms back to load arms, Rhythm – arms back when squatting and arms up when standing tall.
Assessment
Checklist 1. Foot placement 2. Rocking on balls of the feet 3. Deep knee bends 4. Arm swings 5. Rhythm

1. Foot placement
2. Rocking on balls of the feet
3. Deep knee bends
4. Arm swings
5. Rhythm



**Set Up Diagrams
Jump Rope Drill**



Coach Says – “Jumping Out” Race FUNdamental





Jumping – Beginner Checklist						
Group _____			Date _____			
Name	Foot Placement	Rocking on Balls of Feet	Deep Knee Bends	Arm Swings	Rhythm	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
Group Average	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	