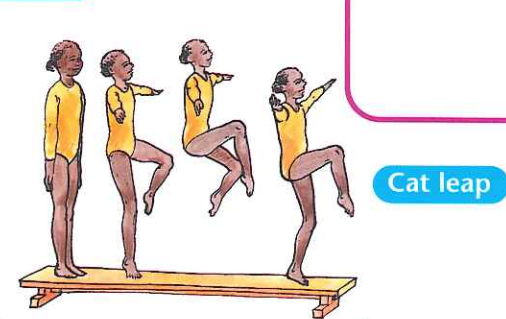


Jumping jacks

- Children in pairs from each group take it in turns to spin two large dice.
- Each side of dice (A) describes a different jump or leap. A second dice (B), with the numbers 4 to 9 on it, is used to identify the number of attempts to be made. Jumps on dice can be described in pictures or words.
- Perform standing jumps from two feet from a low bench and stress the importance of landings that 'stick'.
- Perform leaps with a single leg take-off along a straight line. (See the TOP Gymnastics Handbook.)



Think INC.
Try to find alternative movement patterns reflecting the basic skill. Try different surfaces, changing colour, shape or texture for association with different movement.

Vocabulary

Impact, absorb, soften, co-ordination, stag, stride split, hurdle step, rotation, synchronized, controlled, plie, mount, dismount, elevation

Safety: Ensure the children:

- understand how to land using a ball of foot to heel action
- have sufficient body awareness to show shapes as held positions before attempting them as jumps
- have sufficient space for their work and are aware of others when completing tasks
- show competence on floor before trying skills on apparatus.