

lesson objectives:

1. Improve speed and agility.
2. Develop the jumping technique safely.



how to set up:

- Ask pupils to find a space in the playing area.
- Pupils move around the area, staying in a space and avoiding other pupils.

how to play:

- Name a vehicle.
- Ask pupils how that vehicle moves, does it move quickly or slowly? Does it turn and swerve or go in a straight line? etc.
- Pupils then move around the playing area, pretending to be that vehicle.

Progression: Describe a vehicle by the way it moves, then ask pupils to guess the vehicle you are describing (for example to describe a Motorbike: “this vehicle moves really fast, it can swerve in and out, and leans side to side”).

Differentiations: Demonstrate the ways pupils can move like different vehicles.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

equipment:

- Cones
- 1 x Red
- 1 x Yellow
- 1 x Green

how to set up:

- Ask pupils to find a space in the playing area.
- Pupils move around the area, staying in a space and avoiding other pupils.

**how to play:**

- Ask pupils what the different colours of the traffic lights mean: *Green = Go! Amber = Get Ready! Red = Stop!*
- Call out the different colours, pupils must respond quickly with the following movements:
Green = Run. Amber = Jump up and down. Red = Freeze.
- Increase the amount of time spent running and jumping by calling out Green and Amber more often.

Progression 1: Hold cones up in the air instead of calling out the colours.

Progression 2: Add the following instructions: *Speed Bump = jump high in the air once. Roundabout = turn around once.*

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

equipment:

- Hoops (3 different colours).

how to set up:

- Spread different coloured hoops around the area.
- Each child must find their own space.

**how to play:**

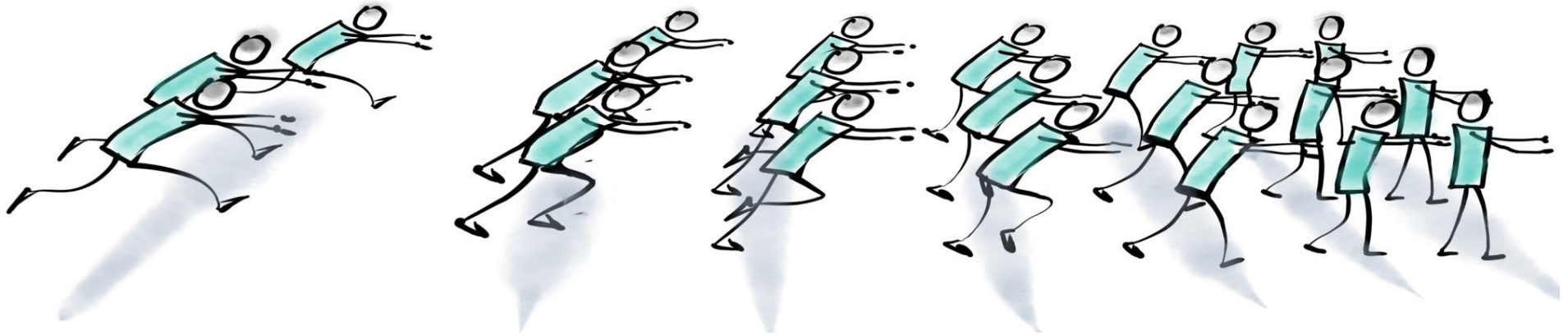
- Explain to pupils that the different coloured hoops represent different actions: Red hoop = star jumps. Blue hoop = bend down and jump high into the air. Green hoop = bounce up and down quickly.
- Ask pupils to move around the playing area, when they find an empty hoop, they must perform 5 of the correct jumps.
- Encourage pupils to keep moving around the area looking for free hoops, rather than standing still and waiting for them. The more hoops available the better.

Progression: Time 2 minutes, challenge pupils to complete as many hoop jumps as they can before the time runs out.

Differentiations: Make the activity easier by using two types of jumps.

Make the activity harder by introducing a 4th colour and type of jump.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.



how to play:

- Remind pupils of the different vehicles in the warm up activity.
- Call out a vehicle and ask pupils to move around in the correct way.
- Every 20-30 seconds call out "traffic jam!", pupils must slow down their movements until they stop.
- Gradually call out "traffic jam!" more often to decrease children's intensity levels.

plenary:

- When do we move fast?
 - ✓ *In sport, to beat our opponents.*
- What makes a good jumping technique?
 - ✓ *Swing arms.*
 - ✓ *Bend legs.*
 - ✓ *Take off from balls of feet.*
 - ✓ *Land softly onto balls of feet.*

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.