



Physical Education

Jumping Foundation

Unit Purpose

The unit of work will **explore** jumping, in different directions, at different speeds, different levels, heights and distances.

Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique.

Inspire Me

The mens world record for the long jump (distance) is held by **Mike Powell**, who jumped 8.95m in 1991. The womens world record is held by **Galina Chistyakova**, who jumped 7.52m in 1988.



Key Success Criteria

- P** Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.
- C** Pupils will explore their curiosity as they try jumping in a variety of different ways.
- S** Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.
- W** Pupils will show courage as they apply developing confidence while exploring their jumping skills.



Vocabulary for Learning

Jumping: is a form of moving where we use our body to propel ourselves off a surface and into the air.

Distance: is defined as the length of space between two points. This might mean how far an athlete has jumped.

Height: is defined as the distance from the bottom to the top of something. This means how high an athlete has jumped.

Space: is an open area within the playing area that is unoccupied by a defender or the defending team. When jumping we need to identify open spaces to jump into to avoid other pupils.



Sport Specific Vocabulary

Hopping: is to continuously jump on one foot at the same time.

Speed: Is the ability to move all or part of the body as quickly as possible.

Landing: Is how we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.

