Gymnastics: Under the Sea

Jumping



Aim

- To jump safely in a variety of ways, including on and off apparatus.

Success Criteria

- I can show control when landing my jumps.
- I can show clear body shapes when I am jumping.
- I can jump on and off apparatus safely.
- I can evaluate the work of others.

twinkl.com

Let's Get Ready

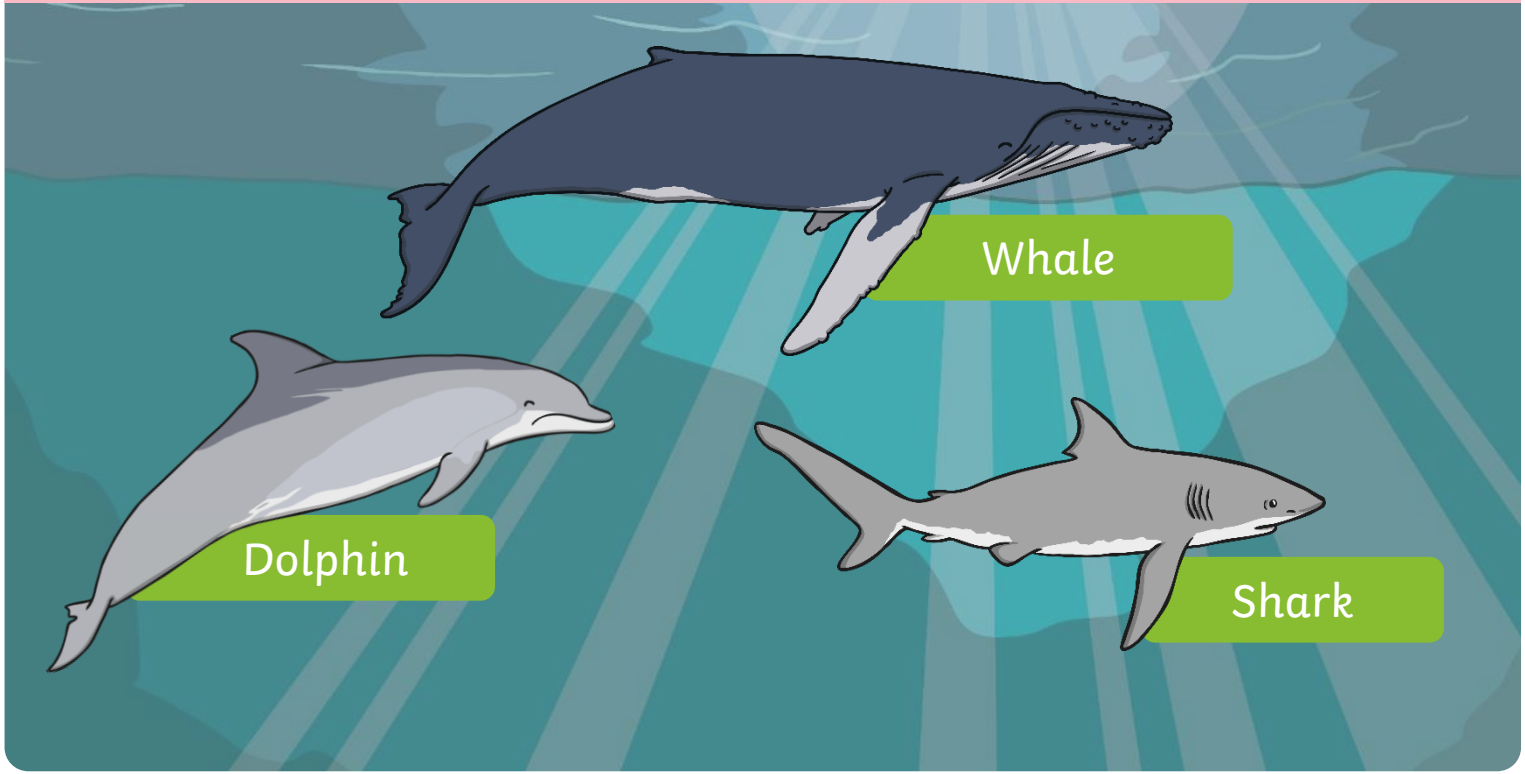


Under the Sea

Whole Class

Here are some more creatures that live under the sea.

Can you name each of these creatures?



twinkl.com

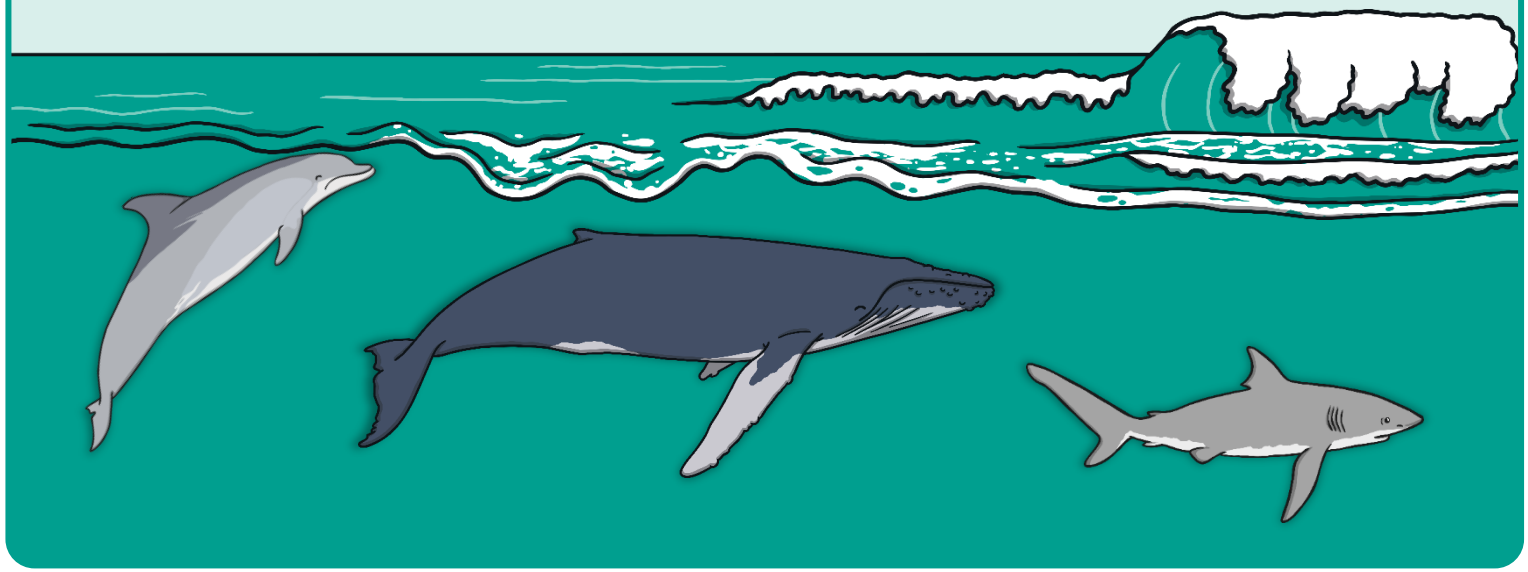
Dolphins, Whales and Sharks

Whole Class

What do these creatures all have in common?

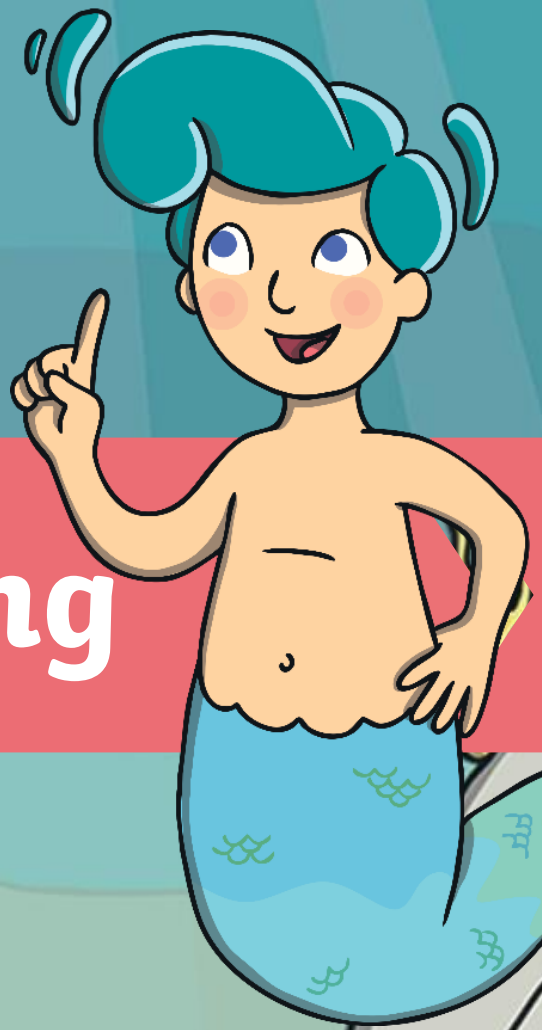
They can all jump high out of the water.

Today, we are going to be practising different types of jump.



twinkl.com

Let's Get Moving



twinkl.com

Warm-Up: Shark

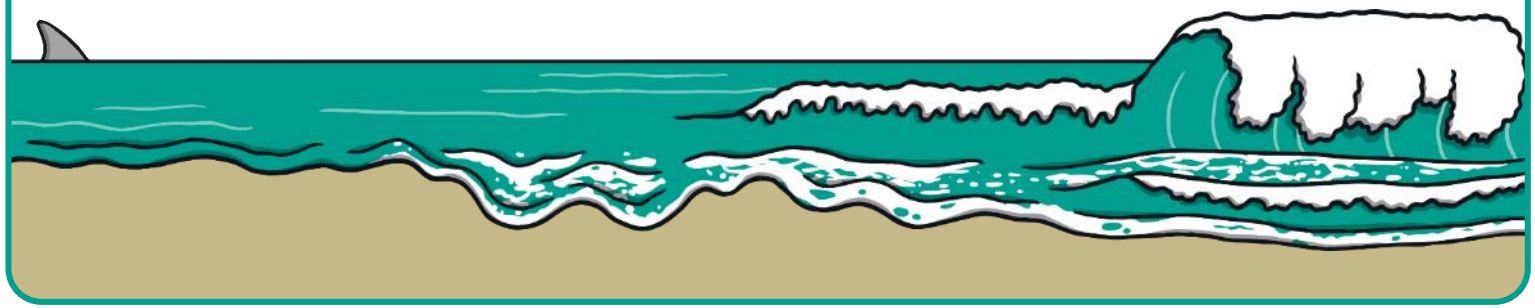


Your teacher will choose one person to be the shark. They will stand at the side of the room.

Pretend that you are swimming in the sea.

Your teacher will shout **shark** followed by a number.

You need to make a group with the right number of children before the shark can catch you!



twinkl.com

Landing Safely



Before we start jumping, it is very important that we know how to land our jumps safely.

Land on the balls of your feet, because this part is nice and soft to cushion your landing.

Bend your ankles, knees and hips as you land.

Use your arms to help you to balance as you are landing.

Click here to watch video.

twinkl.com

Straight Jump



Start with your feet slightly apart.

Bend your knees.

Swing your arms upwards to help you.

Make a stretched shape (straight arms and legs) in the air.

Extend and stretch through to your fingers and toes.

Land on the balls of both feet and bend your ankles, knees and hips.

Use your arms to help you balance as you land.

Click here to watch video.

Is your jump controlled?

Have you landed your jump safely?

twinkl.com

Add a Turn



Now, you are going to try a straight jump with a half turn.

Start with your feet hip-distance apart.

Bend your knees and push off from the floor.

Turn as you jump.

Use your arms to help you turn.

Land facing the opposite direction on the balls of your feet.

Bend your ankles, knees and hips as you land.

Click here to watch video.

Did you manage to make a half turn before you landed safely?

twinkl.com

Other Jumping Shapes



Now, you are going to practise two other types of jump.

A tuck jump

Bend both knees before you take off.

Bring your knees to your chest to make a tucked shape in the air.

Bring your legs back down to land on the balls of both feet.

Click here to watch video.

A jumping jack

Bend both knees before you take off.

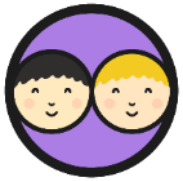
Spread your arms and legs out wide and land on the balls of both feet.

Jump again and bring your feet back together.

Click here to watch video.

twinkl.com

Watch a Partner



Now, you are going to watch a partner performing two of their jumps.

Use these questions to evaluate their performance and then give them some feedback.

Did they make a clear shape with their body in the air?

Did they use their arms to help them to jump and to land with control?

Did they land their jump safely?

Remember to tell your partner what was good about their jumps and what they could do to improve.

twinkl.com

Dolphins, Whales and Sharks



Now, some of you are going to try your jumps on the apparatus while the rest of you practise and improve your jumps on the mats.

Those on the apparatus will be put into three groups: dolphins, whales and sharks.

Each group will have a different type of jump to perform as they travel around the apparatus.

Remember that your jumps need to show clear shapes and you need to land each jump safely.



Those of you on the mats must work with a partner to practise and improve your different jumps.

twinkl.com

Cool-Down: Letter Stretches



Your teacher is going to put you into groups of four.

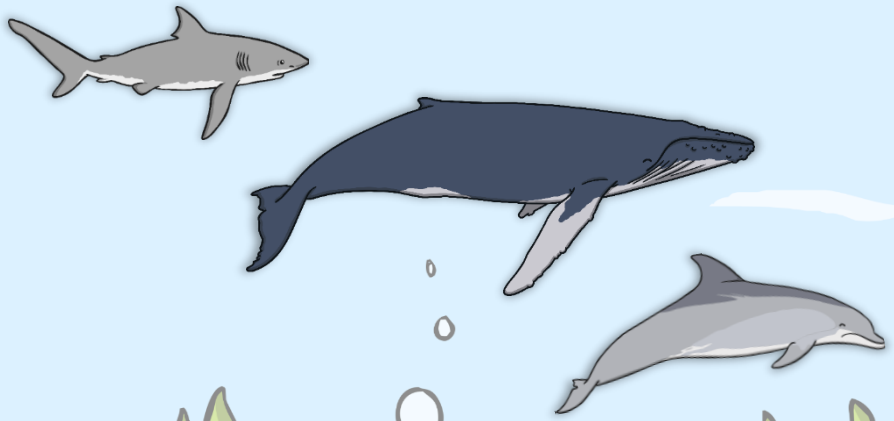
You are going to lie down and make some letters with your bodies.

Make sure that you work as a group and stretch your bodies as much as you can.

Make a letter S for shark.

Make a letter W for whale.

Make a letter D for dolphin.



What other letters can you make with your group?

Can you think of a sea creature starting with that letter?

twinkl.com

Let's Review



Teaching Someone Else



Today, you have practised different types of jump.

Imagine that you have been asked to teach one of the jumps to someone in another class who has never tried it before.

What instructions would you need to give them so that they could perform the jump correctly?

Remember that they need to show a clear body shape and will need to control their jump.

They also need to know how to land their jump safely.

twinkl.com

True or False?



Here are some facts about jumping. Are they true or false?

Before you take off, you need to bend your knees.	Answer
Your arms stay by your side while you are jumping.	Answer
You swing your arms upwards to help you.	
You land a jump on your heels.	Answer
You land on the balls of both feet.	
You bring your arms forward to help you to balance as you land.	Answer

twinkl.com

Aim



- To jump safely in a variety of ways, including on and off apparatus.

Success Criteria

- I can show control when landing my jumps.
- I can show clear body shapes when I am jumping.
- I can jump on and off apparatus safely.
- I can evaluate the work of others.

twinkl.com


twinkl
twinkl
Quality Standard
Approved