

Age Group: **Year 1/2**

Topic: **Hopping for Distance (consecutive jumps), 2 to 2, Cross Hopping**

Understanding what the students know Through questions

How do we get from point A to point B?

What is hopping/jumping?

When is it done?

Why do we have to hop/jump?

Learning Intention

Improving Hopping/Jumping: Today we will get from point A to B by hopping on 1 foot/jumping on 2 feet. In the case of hopping, hop on the right only/hop on the left only.

Success Criteria

We will understand that you have learnt this when you can get from point A to B hopping on 1 foot/jumping on 2 feet as fast as possible.

Activity

Start with jumping from 2 feet to 2 feet.

Progress to hopping on the left/right foot only.

Hopping/jumping (how can it be more challenging) - eg: agility ladder

Magician Tag Game – Children who jump or hop are the catchers. They have to hop/jump to tag the others. The ones tagged have to jump/hop like the one who tagged them, and they are catchers too.

Cross jumping

For more able students cross-hopping

Questions to be used during the activity

How can you jump/hop more for distance and height?

Which body parts can we use to improve our hop/jump, why?

Can you perform a number of consecutive jumps/hops?

Why is it important to change direction when jumping/hopping in a confined area?

Self Assessment

Did you reach the success criteria?

Was there anything you did not manage to do?

Can you think of a way to make the exercise more difficult?

Peer Assessment

When a student makes a mistake, ask one of his/ her team mates to find what is being done in the wrong way and consequently to show where there can be improvement.

Peers can be asked to explain a technique that one of the team mates failed to do or show a way to improve.