

Lesson 3 of 6

Jumping

EQUIPMENT

colour game task cards »
hopscotch games and patterns »
tarmac » chalk

RELATED RESOURCES

Physical Education Online website, www.education.alberta.ca/physicaleducationonline

ABCD's of Physical Education



Activity

Basic Skills	
Application of Basic Skills	A(1-2)-13

Warm It Up

COLOUR GAME

Create task cards that list 3-5 items in the activity space that can be touched;

e.g., with your hand, touch something black, a circle, and a teacher (high five); with your toe, touch a poster, something metal, something orange, and a door. Spread task cards around the perimeter of the activity area. Students will choose and read a task card, run to touch the identified objects and come back to read another task card. If students are too young to read, use pictures on the task cards, or complete the activity as a large group with the teacher calling out the directions. Increase the level of difficulty by having students travel with a partner or groups of 3-4.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.

Clues that students are achieving the outcome...

"Students will demonstrate the basic skills of running, jumping, throwing in a variety of environments and using various equipment." *Physical Education Program of Studies, Alberta Learning, 2000.*

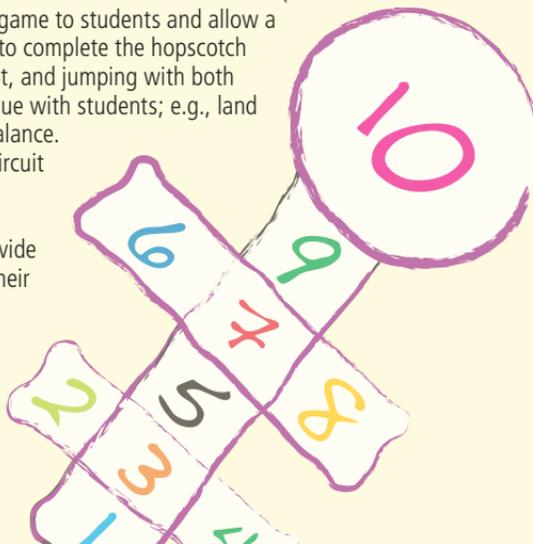
- Students can jump and land in a safe manner
- Students can hop on the right foot and left foot and jump with both feet



Whoop It Up

HOPSCOTCH

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. On a tarmac, outline a variety of hopscotch patterns into a circuit. Sample hopscotch games and patterns can be found on the Physical Education Online website (see Related Resources). Describe each hopscotch game to students and allow a few minutes for practice. Encourage students to complete the hopscotch games while hopping on the right and left foot, and jumping with both feet. Review and practice safe landing technique with students; e.g., land softly on feet, bend knees and use arms for balance. Determine a rotation through the hopscotch circuit and set a goal for the group; e.g., properly and successfully complete as many hopscotch activities as possible in the time provided. Provide chalk for the students and have them create their own hopscotch outline.



Safety First!

For safety, equipment, and supervision considerations when planning outdoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Activity

Wrap It Up

Students walk back indoors in a variety of ways; e.g., walk like someone walking into cold water at the beach, like someone walking a big dog on a leash, like someone walking through deep mud, like a penguin, like a detective following a suspect. Call out the first few ways of walking and then invite suggestions from students.