

FGSPE LESSON PLAN

Category:	Fundamentals	Venue:	Hall / Fitness Corner
Topic:	Gymnastics Fundamentals Part 1 Lesson – Jump		
Skills to be covered:	<ol style="list-style-type: none"> 1. Two feet jump (for height) 2. Two feet jump (for distance) 3. Two feet jump (off a platform) 4. Two feet jump (onto a platform) 		

SKILL #1: TWO FEET JUMP (FOR HEIGHT)

Learning Outcome:	Student will be able to jump with two feet as high as possible
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Suggested Instructions:

1. I am going to focus on the target (stickers pasted on the wall) and jump to reach for the stickers
2. I will start with a crouching position and knees bent
3. My arms will be behind my body
4. I will then straighten my knees and my arms will lift upwards
5. I will stretch my body and reach for the stickers on the wall
6. During landing, both feet will land close to the original take-off position



Suggested Activity:

REACH FOR THE SKY

1. Hang a target (eg. Balloon) just above outstretched hands of the student
2. Encourage student to bend his knees (crouch position) and jump to touch the target

(Refer to the website for game demonstration)



SKILL #2: TWO FEET JUMP (FOR DISTANCE)

Learning Outcome: Student will be able to jump with two feet as far as possible

Suggested Instructions:

1. I am going to focus on the ground marker in front of me
2. I will bend my knees and swing my arms to the back to prepare for the jump
3. During the jump, my arms will swing forward and my legs will extend and push off the ground



Suggested Activity:

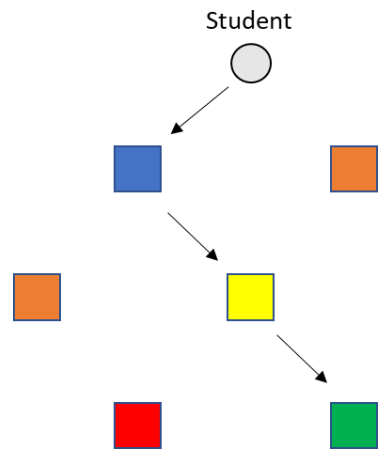
KANGAROO JUMP

1. Place ground markers of different colors on the floor
2. Students to jump to the correct colored ground marker according to teacher's instructions

Example (as illustrated in the diagram):

- Teacher says "BLUE!"
- Student jumps to blue ground marker
- Teacher says "YELLOW!"
- Student continues to jump to yellow ground marker
- Teacher says "GREEN!"
- Student continues to jump to green ground marker

(Refer to the website for game demonstration)



SKILL #3: TWO FEET JUMP (OFF THE PLATFORM)

Learning Outcome:	Student will be able to jump off the platform using two feet
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Suggested Instructions:

1. I am going to start by standing on the bench
2. I bend both legs a little and push off the steps with a little jump to land forward on the ground
3. Upon landing, both my feet will touch the ground simultaneously



Suggested Activity:

JUMPING FROM A LOW HEIGHT

1. Student to stand on steps (low height) and bend his knees
2. Teacher to face the student, hold both his shoulders, count to three and teacher to gently lift student up
3. Teacher to gradually reduce physical help, from shoulders to elbows, then to hands, and finally just verbal cues

(Refer to the website for game demonstration)



JUMPING TO GAIN DISTANCE

1. Place a hoop near the platform that the student will be jumping off from
2. Student will jump off from the platform and into the hoop
3. Teacher to progressively move the hoop further away

(Refer to the website for game demonstration)



SKILL #4: TWO FEET JUMP (ONTO A PLATFORM)

Learning Outcome:	Student will be able to jump using two feet onto a platform
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Suggested Instructions:

1. I am going to stand facing the bench with my feet shoulder width apart
2. I bend my knees and press my hips back as I swing my arms
3. Pushing through the balls of my feet, I will jump straight up into the air, swinging my arms up into the air and forward as I fully extend my knees and hips with my jump
4. At the height of my jump, I bend my knees and hips to draw them forward so that I will be able to land on top of the bench
5. Land with both feet at the same time on top of the bench
6. Step carefully off the bench and reset for the next repetition



Suggested Activity:

STEP UPS

1. Student to start by standing in front of the bench
2. Step up on the bench with one leg, then bring the other leg up as both legs straighten
3. Step back down and repeat on the opposite side

(Refer to the website for game demonstration)



JUMP HURDLES

1. Set up a series of low hurdles
2. Student to start by standing in front of the first hurdle
3. With feet shoulder width apart, student to jump upward and forward with both feet together to clear the hurdle
4. Upon landing, jump again, driving forward with the arms
5. Students may start with just 1 hurdle first

(Refer to the website for game demonstration)

