


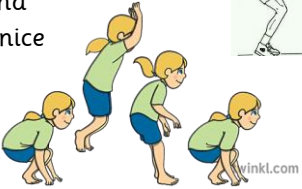


Year 2 – Jumping	Knowledge	Vocabulary
<p><b>Know the three elements of jumping - Head, arms and legs</b></p> <p><b>Know the correct jumping technique:</b></p> <ul style="list-style-type: none"> <li>• Head facing forwards at all times</li> <li>• Both feet flat on the floor</li> <li>• Knees bent</li> <li>• Back straight</li> <li>• Swing arms back and push them forwards</li> <li>• As the arms come forward, straighten the legs and lift off the ground</li> <li>• Land with knees bent and back straight</li> </ul> <div style="display: flex; justify-content: space-around;">  </div> <p><b>Know that we keep our head facing forwards when jumping to help maintain our balance.</b></p> <p><b>Know that we swing our arms to increase the power we produce – allowing us to jump higher or further.</b></p> <p><b>Know that we bend our knees when landing to keep our bodies safe – this takes the strain off our backs.</b></p> <p><b>Know that hopping is jumping but taking off with 1 foot and landing on the same 1 foot.</b></p> <p><b>Know that jumping is important in a range of sports:</b></p> <ul style="list-style-type: none"> <li>• athletics (hurdles, long jump, high jump),</li> <li>• football (jumping for a header)</li> <li>• netball (jumping while shooting or to catch/intercept a pass)</li> <li>• basketball (shooting, catching/intercepting a pass)</li> </ul> <p><b>Know there are different ways of jumping:</b></p> <p><b>Star jumps</b> – bend knees to jump high – spread arms out wide above head – legs wide apart toes pointing downwards</p> <p><b>Tuck jumps</b> – head forward, bend knees and swing arms to take off, bring knees into chest and straighten out to land with bent knees safely</p> <p><b>Frog jump</b> - Start in crouched position with knees bent and back straight, straighten legs and swing arms to take off nice and high, land with knees bent in crouched position</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="text-align: center; margin-top: 20px;">  </div>		<p><u>Session 1</u> Leaping</p> <p><u>Session 2</u> Balance</p> <p><u>Session 3</u> Linking Combination</p> <p><u>Session 4</u> Triple jump</p>

Know that our hearts beat faster when we exercise because our muscles need more blood sending to them.

Know the skipping technique:

- Skipping is a combination of a long step and a hop
- Start with right foot – take a long step and then hop up on the right foot and land on the balls of your feet to allow you to spring. Then take a long step with left foot and hop on this foot. Repeat these steps.

Know that we should move into space to avoid being tagged.

Know that we can link jumps together and repeat them in combination while moving around.

Use the hop and then jump combination:

- Hop landing on one foot and then jump from 2 feet – use arms and bend knees to get more power.

Use the hop – step – jump combination (triple jump):

- Hop – jump from left foot and land on left foot
- Step – step to right foot
- Jump – jump from right foot to land on both feet



## Year 2 – Jumping – Sum 1

### Vocabulary List

Leaping – to jump high or a long distance

Balance – being able to remain upright and steady

Triple jump – a combination jump including a hop, a skip and a jump

Combination – putting different jumps together

Linking – joining movements together to form a sequence