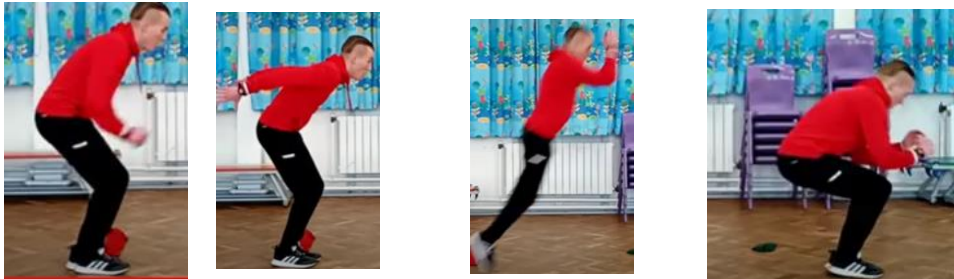
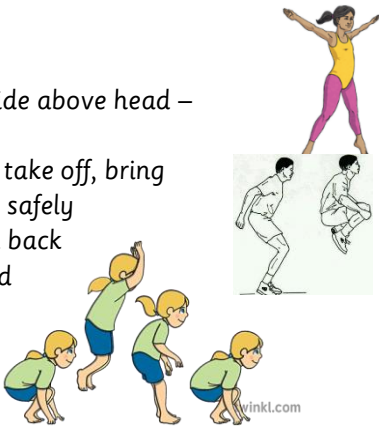


Year 1 – Jumping	Knowledge	Vocabulary
<p><b>Know the three elements of jumping - Head, arms and legs</b></p> <p><b>Know the correct jumping technique:</b></p> <ul style="list-style-type: none"> <li>• Head facing forwards at all times</li> <li>• Both feet flat on the floor</li> <li>• Knees bent</li> <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 data-bbox="114 725 1072 1003" 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 data-bbox="756 1576 1136 2002" style="text-align: right;">  </div>		<p><u>Session 1</u> Jumping High Far Hop</p> <p><u>Session 2</u> Jumping Distance</p> <p><u>Session 3</u> Standing long 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.**

**Year 1 – Jumping – Sum 1**

**Vocabulary List**

**Jumping** – push yourself off a surface and into the air

**High** – jumping further in the air

**Hop** – move by jumping on one foot

**Distance** – jumping forwards as far as possible

**Standing long jump** – jumping for distance with no run up allowed