



Jumping 3.3: Relay race

8 - 12 year olds

Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

Today we will be practicing how to jump over and onto objects.

What will you change about the way you jump over low objects versus jumping over higher objects?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: hoops, ropes, foam blocks, mats, benches, vault top, low hurdles, music

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

Warm-up: Back to back (5 minutes)

- This game is similar to musical chairs, except the chairs are replaced by partners “sitting” back-to-back.
- When the music starts, children must move around the activity space.
- Leader specifies different locomotor movement each time (e.g. walk, run, hop, gallop, skip).
- When the music stops, children must find a partner, stand back-to-back, and then both pretend to “sit” as if they have chairs.
- The child who fails to find a partner, or the last set of partners to make a “chair,” must do 10 star jumps and then rejoin the group.
- Play several rounds. Be sure to mix partners by naming new conditions each round. For example:
 - » *Girls with boys.*
 - » *Different partner than last time.*
 - » *Someone wearing the same colour as you.*

Demonstration: Vertical jump (2 - 3 minutes)

- Leader chooses 2 children to hold the ends of a skipping rope.
- Leader demonstrates how to jump over a skipping rope held at different heights.
- Leader then demonstrates how to jump onto and off of a bench, or stacked mats.
- *Start your jump on two feet and land on two feet.*
- *Get ready - Bend knees and lean forward, swing arms back.*
- *Take off - Swing arms up, spring with your legs, reach as high as possible.*
- *Fly up - Look forward and tuck your legs up if jumping onto or over an object.*
- *Land softly by bending at your ankles, knees, and hips on impact.*
- *On landing, arms should reach straight forward for balance.*

Practice: Jumping stations (12 - 15 minutes)

- Leader sets up 4 jumping stations and divides children into 4 groups.
- Each group begins at a station and rotates to next station every 2-3 minutes.

Station 1: Rope jump

- » Two children hold the ends of a skipping rope while others jump over it.
- » Children take turns holding the rope so everyone has a chance to jump.
- » Children increase or decrease the height after everyone has jumped.

Station 2: Leap frog

- » In a line, children crouch down and make themselves as small as possible.
- » There should be some space between each child.
- » Child at back of the line leap frogs over each child in front of them.
- » When child gets to the front of the line, they crouch down and next child at the back goes.
- » Continue until everyone has gone through at least once.

Station 3: Jumping onto and off an object

- » Leader sets up a vault top or stacked mats.
- » Children practice jumping onto and off of the equipment.
- » Benches can also be used if they are stable and safe.

Station 4: Jumping over an object

- » Leader places foam blocks and low hurdles around area.
- » Children practice jumping over objects of different heights.

TIPS FOR INSTRUCTION

- Remind children of demonstration points.
- Encourage children not to rush their jumps.
- Encourage soft and controlled landings.

CUES

- *Get ready: Bend knees, lean forward, arms back*
- *Take off: Spring and swing*
- *Fly: Knees up, look forward*
- *Land: Land softly, arms forward for balance*

Game: Relay race (8 - 10 minutes)

- Leader divides group into teams of 4 or 5 children.
- Teams line up at one end of activity space.
- Leader creates identical obstacle courses for each team with hoops, foam blocks, ropes, hurdles, etc.
- Obstacle course should allow opportunities to jump over, into, and onto objects.
- First child on each team jumps through obstacle course to the end, and then runs back and high-fives the next person in line to go.
- Team that finishes first, wins.

Wrap-up (2 minutes)

Call the children back into a circle and review what they learned today.

What helped you keep your balance when you landed a jump?