

LESSON PLAN: **SKILLZ4SPORT** INFANTS: WEEK 2

LESSON OBJECTIVE: To learn the jumping technique necessary to perform the skipper activity.

WARM UP (10 MINS)

Jumping numbers: Ask pupils to run around in and out of each other. When you shout out the following numbers, pupils have to perform the following jumping activities for 10 seconds.

1. Jumping jacks
2. Hopping on the right foot
3. Hopping on the left foot
4. Spotty dogs
5. Kangaroo jumps (2 feet to 2 feet)

MAIN LESSON (20 MINS)

Jumping over the Crocodile: Two people are to hold a long skipping rope at either end and wiggle it along the floor, this is the 'crocodile'. One at a time, pupils have to try and jump over the crocodile without touching it with their feet. If they do touch the crocodile, they lose a life. Encourage them to lift their feet high and jump up with strength and power.

Develop: The rope can be lifted higher from the floor, and then it can be rocked from side to side in which pupils can jump in and try to continue jumping over the crocodile for as long as possible. The person with the highest number of jumps is the winner.

GAME/COMPETITION (15 MINS)

Skipper competition: See how many times pupils can skip with a hoop in 20 seconds. You will need one person to be the time keeper, and you will need pupils in pairs/small groups to count their partners skips.

EQUIPMENT

- Cones/markers
- Hoops
- Skipping rope

KEYWORDS

- Power
- Strength

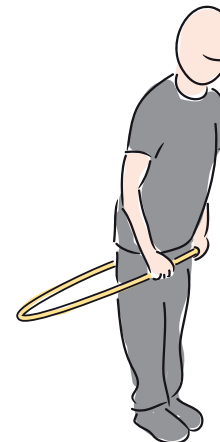
DIFFERENTIATION

LESS ABLE

- The rope to move slowly for less able pupils.
- Use a larger hoop in the game/competition.

MORE ABLE

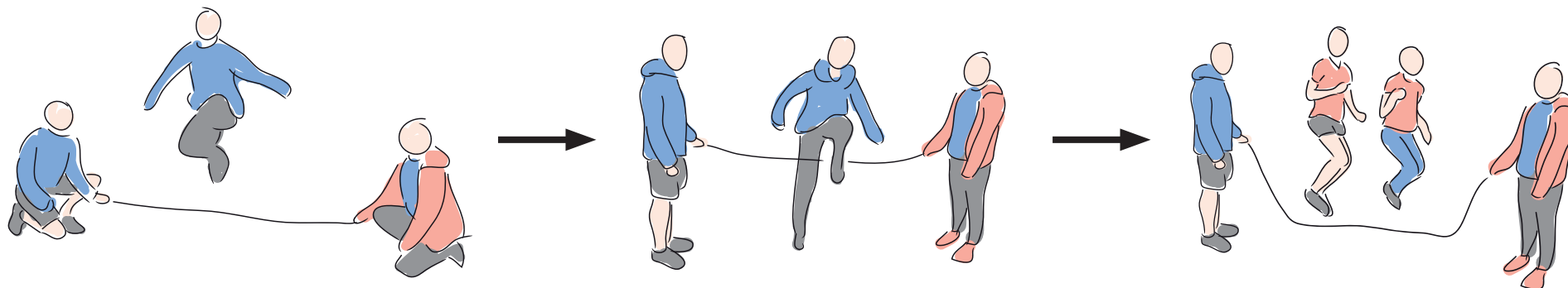
- Use a smaller hoop in the game/competition



RESOURCE CARD: **SKILLZ4SPORT** INFANTS

RELATES TO LESSON(S): 2 and 6

JUMPING OVER THE CROCODILE DEVELOPMENT:



SKIPPER COMPETITION: See how many times pupils can skip with a hoop in 20 seconds.

