Rosewood Class

Physical Education Home Learning Topic For This Week: Gymnastics

<u>Wednesday 8th April: Jumping</u>

During our gymnastics lessons we concentrate on 3 areas which are floor work (movements), jumping and rolling.

Before the start of each activity take some time to complete some stretching to warm the body up so you're ready to begin. the link below is a good warm up you can follow: https://youtu.be/dRQf3yFXO1Y

Aim: To improve jumping technique, core strength and leg strength. We will also be learning new and different ways to jump.

Resources Required: A platform and a soft landing area.

Method: Encourage your child to jump using these basic tips:

Bend your knees. Use your arms to create more power. Blast off like a rocket.

Start from ground level to make sure your child is comfortable with jumping.

Once your child has shown good consistency jumping from the floor. To progress this activity, bring in a higher level for them to jump from. increase the level as you see fit.

Remind them to always land with the knees bent and arms out in front of them in a chair position (like the picture attached).

Variations of this Activity: These are the different types of positions we want you to try and take up once in the air.

> **Pencil Jump**. Hands pointed up above your head and legs straight to create a pencil shape.

> **Star Jump.** Arms and legs out wide, extending your neck to create a star shape.

> **Tuck Jump**. Tuck your knees in to your chest, attempt to grab your knees with your hands.

> **Half Turn.** As you jump attempt to half turn so you land facing the platform you have just jumped from.

> **Full Turn.** Same as the above, but are you able to turn 360 degrees to land facing forward again?

To Progress This Activity: To progress this activity, attempt all the above turns using only 1 foot to jump. 1 Footed Jump (Hop). Jumping off one foot rather than two, can you generate the same power? Land with two feet as normal.