

# **PE LESSON**

**Year 3**

**28.1.21**

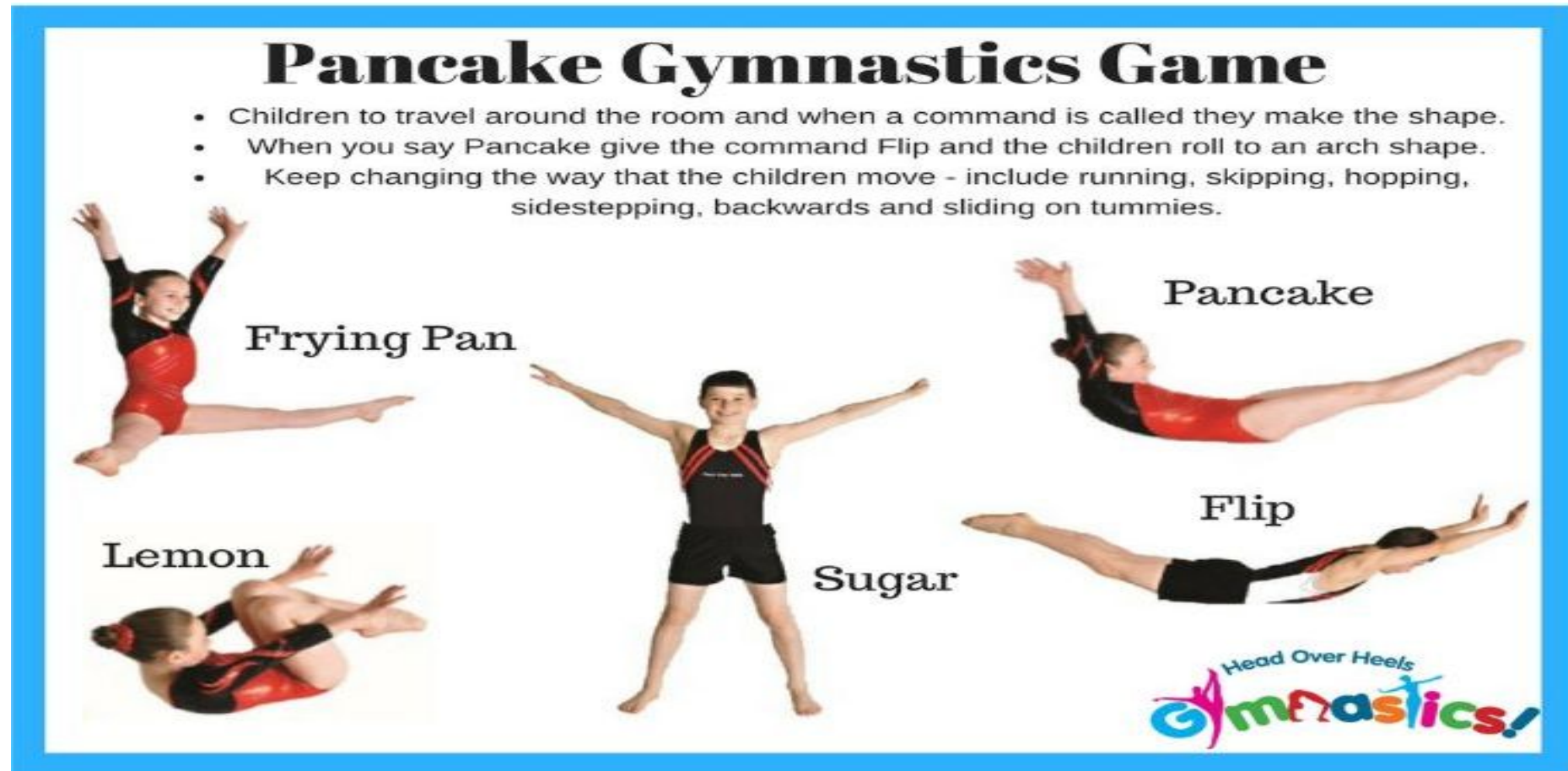
# PE - Gymnastics week 2 - Jumping

Last week we started to practise our balancing skills in gymnastics and came up with a mini routine linking our balances together. Well done to those who took part in school and at home.

This week is jumping and we will be practising our jumping with half and full turns.

## Warm up

Use the pancake game to warm up – you don't need a teacher for this call out your own commands or get a parent to help and then take up the shapes. These shapes will help us when we make our jumps more difficult later in the lesson.



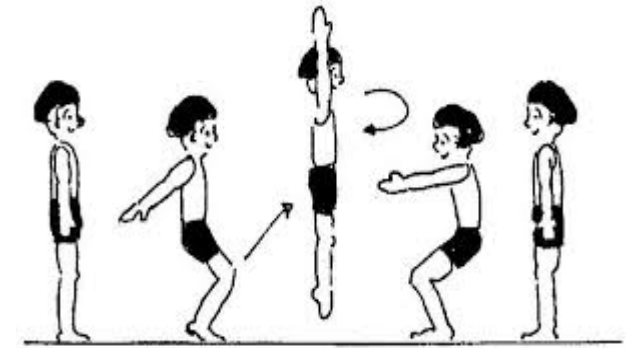
# PE - Gymnastics week 2 – Jumping

## Half turn and full turn development

Lets get started with a half turn and full turn if you can on the spot...

- On the spot, use small step to complete a full turn then a half turn
- How else can you perform a full and half turn e.g. hopping, bouncing, jumping, spinning?
- When jumping how far round can you get in one go without wobbling or falling over?

Can you get all the way around and land safely?  
How you can make your jump smooth and pleasing on the eye?



A straight jump with a half turn (180 degrees)



Can you use something to jump off safely at home?  
Does this make it harder or easier to land?

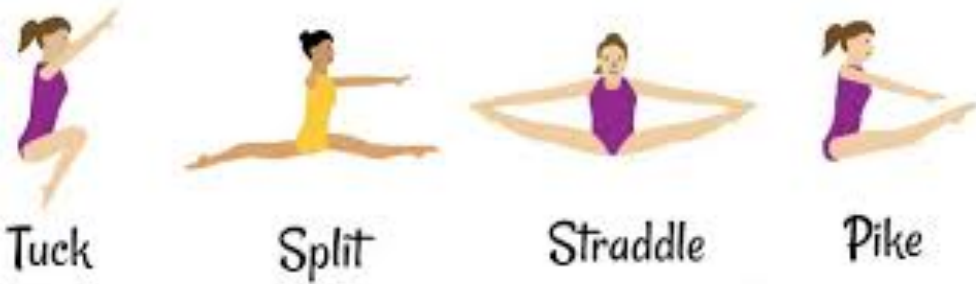
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## Other jumps to attempt

Can you try these?

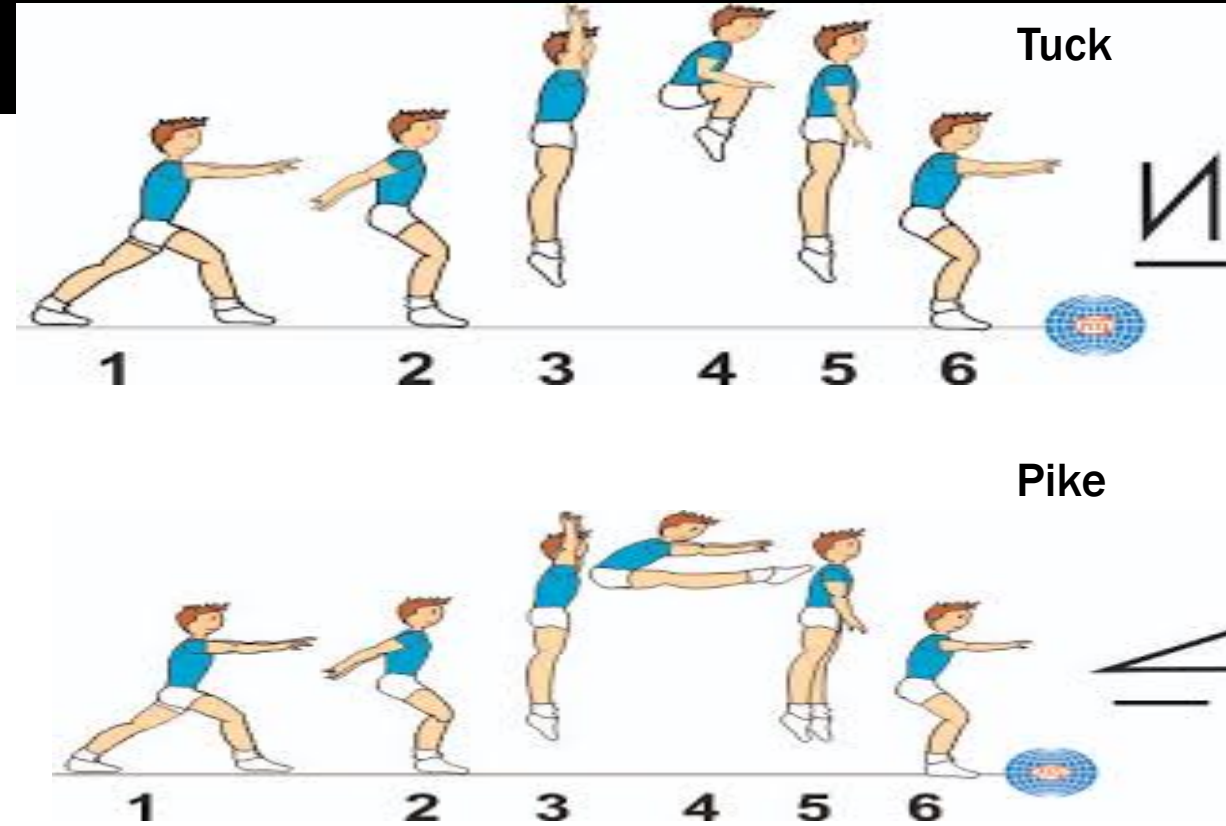
Aim for: good clear shapes in the air, pointed fingers and toes, keeping your head and eyes up, landing without wobbling or falling.

### Gymnastics Jump Positions



Jumps to start and finish on the same spot

Jumps which travel using the same shapes



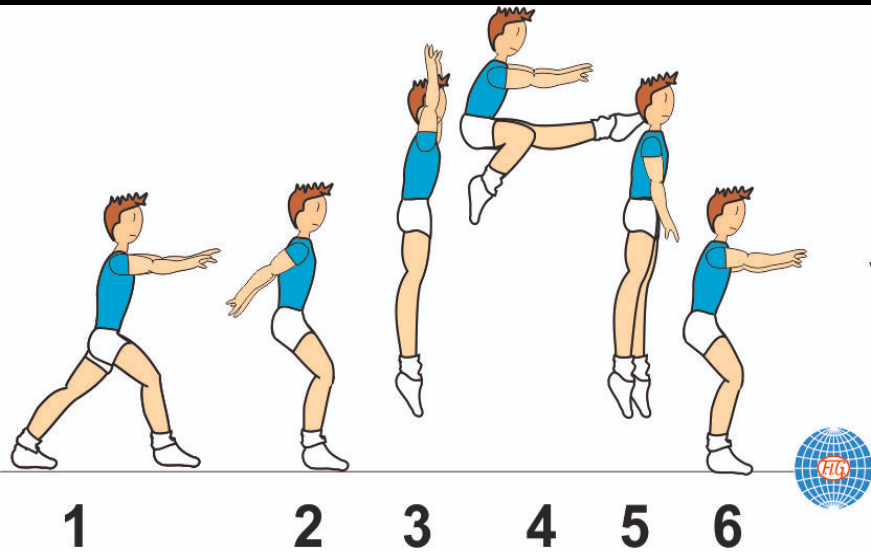
Use the link to find 100's of jumps to attempt. Be warned some are very difficult even for professionals

[https://www.fig-aerobic.com/GROUP-C-JUMPS-LEAPS\\_r39.html](https://www.fig-aerobic.com/GROUP-C-JUMPS-LEAPS_r39.html)

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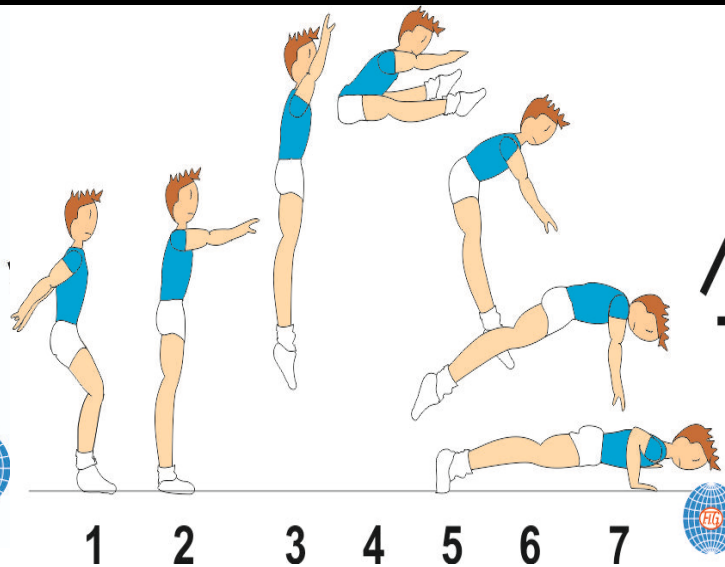
## Harder jumps to attempt

Remember to send some pictures or even a video of you performing at home to your class Dojo portfolio. Have fun but be safe too!



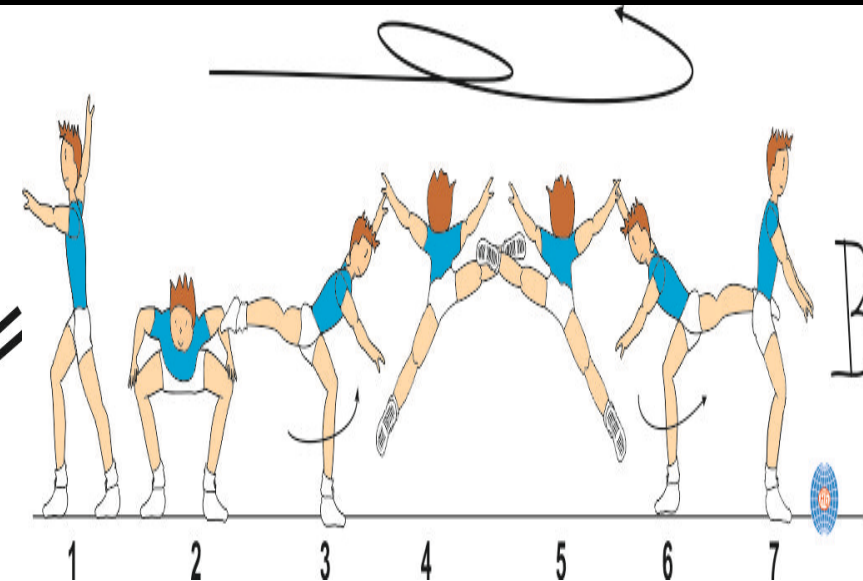
Cossack jump

[https://www.fig-aerobic.com/C-223-COSSACK-JUMP\\_a816.html](https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html)



Straddle jump to push up

[https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP\\_a866.html](https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html)



Butterfly jump

[https://www.fig-aerobic.com/C-584-BUTTERFLY\\_a932.html](https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html)

Use the link to find 100's of jumps to attempt. **Be warned some are very difficult even for professionals.**

This website is excellent for telling the steps to follow for each jump too. There are demonstration videos too

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