



FREDDIE

Character: Fast Freddie

Adventure 8: On the way to the Zoo

Lesson Focus/ Learning Objective

To be able develop jumping and landing technique.

Keywords: jumping, landing, soft landing, bent knees, landing point, balance, control, safety

Link to ELG: Jumps off an object and lands appropriately. (40-60+ months).

Length of Session: 45 minutes

Resources Needed: hoops, cones, bibs, gymnastics moveable table, benches, mats, ladders.

Success Criteria

- To be able to jump and land off a bench safety
- Refine landing technique to create soft landing

In The Classroom

Explain today's adventure whilst the children are getting changed and which character will be taking us on that adventure... Freddie. See if the children know can think of situation where they must jump and land (or examples used in other settings). Describe the learning objective and the success criteria. Describe the adventure setting. Today we're going to help Fast Freddie by joining him on a day out on a trip to the Zoo! Now we're on the school bus we must help Fast Freddie get there by listening to the tour guide's instructions. **As children are changed allow them to find a safe space and practise jumping on a non-slip spot.**

In The Hall – Warm-Up

Activity: Off we go with our trip around the Zoo and we're going to go into the Kangaroo enclosure first. The children will find a space in the hall and will copy the Kangaroo's in the Kangaroo enclosure, as they are really good at jumping. If the children practise jumping on two feet, one foot and taking big steps. If you focus on the children bending their knees and then extending them for power, as well as using both arms at the same time again for power and stability. **Provide feedback to the children when they demonstrate good technique. Ask them which way of jumping they find the easiest and most difficult? You could even show them a video of a Kangaroo jumping and ask them to assess what they Kangaroo does well.**



Main Adventure

Activity: Children we a visiting the Monkey's enclosure and they're another animal that likes to jump and swing around. The monkeys have very strong arms and legs so we can learn a lot from them. Set up a series of equipment that will test the children's jumping skills in the Monkey enclosure, they will move around and practise on all the different pieces of equipment:

- **Benches (tree branches).** The children will balance across the benches and then jump onto a mat. **Feedback to the children about how they land and with soft feet.**
- **Non-slip spots (rocks).** The children will jump across the spots which are randomly spread across the hall and are set a different distance apart. You can make the activity more challenging by saying red spots you have to jump one-footed and blue spots have to jump two-footed. **Feedback to the children about swinging their arms for momentum and bending their knees to generate power.**
- **Ladders or skipping ropes (vines).** If you lay them out on the floor and tell children, they have to jump in between the runs on the ladder or over the skipping ropes. **Feedback to the children about keeping their head up and jumping and landing on the ball of their foot.**
- **Hoop (Jump for the bananas).** The children have to stand in a hoop and jump up into the air as high as they can to try and grab the bananas from the trees. **Again feedback to the children about using their arms bending their knees and pushing off the balls of their feet.**

Ask the children which way of jumping were they able to jump the highest? Did they find it easy jumping with two feet? Can they tell you - what are the important things to think about when we are jumping?

Making The Tasks Easier

- Use a TA to support the children.

Making The Tasks Harder

- Set out more activities for the children to try
- Look at using more gymnastics equipment

Feed Forward Notes for Next Session:

Notes On Individual Children's Needs:

Names/ Group	Reason	Learning Plan