WSSN

Wakefield School Sports Network
School Sports & PE Teaching, Coaching and Co-ordination
www.wakefieldschoolsports.com

Resources:
Tambourine

Ability:	Beginner	Intermediate	Advanced
		x	
Session Focus:	FoM	FMS	FSS
	Balance	Travelling and Jumping	Creative Movement

Year 5

Lesson 5

Learning Objectives	Activities	Points to Note
Pupils should learn: **Acquiring and Developing** 1a. Explore flight skills using different types take off and landings. 1b. Perform jumps with increasing control for distance and height **Selecting and Applying** 2a. Plan a sequence that combine two different types of flight. 2b. Develop and use knowledge of jumping to increase height and distance of flight. **Improving and Evaluating** 3a. Identify how to prolong flight. 3b. Make suggestions to improve sequences. **Knowledge & Understanding** 4a. Know the importance of a warm up. **Gymnastics** 8a. Create a simple sequence smooth links 8b. Incorporate different types of flight that link within their sequence.	**Warm Up:** Agility, Jumping • Travelling in and out of the space using different methods of feet together and feet apart. Change from high to low upon the command. • Use examples of travelling with flight and encourage children to explore different jumps within their travel. • Inco-operate a hopscotch pattern into their travel two feet to one foot, one foot to two feet.	Ask children what happens when your body does exercise
	Main Activities: Travelling, Jumping • Explore all different types of jumps experienced during the previous sessions. • Develop sequence of travel and jumps, combining two jumps together immediately one after the other. • Alter sequence to for sequence of jumps for i. distance, ii. Length. • Combine a roll into the sequence explore smooth links between the three elements. Use two stars and a wish to show and feedback about sequences • Explore sequences that don't follow a straight pathway.	Jumps: One to one (same) One to one (opposite) One to two Two to one Two to two
	Cool down: • Travel about the room, jumping to change direction using small and large steps.	