

JUMPS 101

Athletics Manitoba Lesson Plan



Jumps Lesson Plan #1 for Athletes Ages 5-8

Introduction:

Level 1 will be specific to younger athletes ranging from 6-8 years old. The focus will be on building coordination and introducing the basic movements involved in jumping.

Cues & Additional Information:

- Some cues to remember are posture: “standing up straight” and “balance.”
- Staying tall
- Maintaining 2m of distance between others

Cool Down:

Gently run 1 lap around the gym with students touching three walls of the gym with their foot and then sitting in big circle centred around the teacher. Remind them to keep 2m distance between each person. Verbally review the throwing methods learned in the lesson.

Main Part:

Standing Long Jump Sequences:

Have athlete's line up on a line, mark out 10-15 meters. Have athletes travel this distance for the following jump drills.

Single Leg Hops (right leg on the way there, left leg on the way back)

Double Leg Hops (forwards on the way there, backwards on the way back)

Skips x2 (15m, then walk back and repeat)

Shuttle Relay: Have athletes split up into teams on opposite ends of a gym or field. Have a pylon that indicates what teammates have to pass in order for the other side to begin their turn. Instead of the normal 'running' shuttle relay, have athletes try different methods of jumping to race against each other.

Games:

Animal Imitation:

Ask Athletes to name animals that jump. (i.e. Bunnies, Frogs, Kangaroos, etc). After an animal has been named, then ask the athletes to jump like that animal to half of the gym space (or 30m outdoors). Do this at least 3-4 times.

What time is it Wolf?:

Have 1 person stand on the opposite side of the gym to be the wolf and the rest of the students in line (2m apart).

Students will ask as a group “What time is it Wolf?” The wolf will then call out hops for the students to complete (i.e. 7 Hops Forward, 3 Hops backwards, etc); in which, the students will need to do.

Once a student reaches the opposite side of the gym to the wolf, the students will then race to the other side. Rock paper scissors with the wolf & the students who made it to the opposite end first for a new wolf.

Jumps Lesson Plan #2 for Athletes Ages 5-8

Introduction:

Level 1 will be specific to younger athletes ranging from 6-8 years old. The focus will be on building coordination and introducing the basic movements involved in jumping.

Cues & Additional Information:

- Some cues to remember are posture: “standing up straight” and “balance.”
- Staying tall
- Maintaining 2m of distance between others

Cool Down:

Gently run 1 lap around the gym with students touching three walls of the gym with their foot and then sitting in big circle centered around the teacher. Remind them to keep 2m distance between each person. Verbally review the throwing methods learned in the lesson.

Main Part:

Jump Sequences- Standing Long Jump Landing

Set up 4 mats in each corner of the gym and split the athletes into 4 groups per corner. Have Athletes practice their standing long jump landing by following the steps below:

Stand 1 foot from the mat.

Bend knees and swing arms for momentum.

Use arms to swing body forward and land on both feet; bending knees to absorb the landing; arms forward like the student is holding onto a bicycle.

Wipe down mats with Lysol wipes after each use.

Games:

Animal Imitation:

Ask Athletes to name animals that jump. (i.e. Bunnies, Frogs, Kangaroos, etc). After an animal has been named, then ask the athletes to jump like that animal to half of the gym space (or 30m outdoors). Do this at least 3-4 times.

What time is it Wolf?:

Have 1 person stand on the opposite side of the gym to be the wolf and the rest of the students in line (2m apart).

Students will ask as a group “What time is it Wolf?” The wolf will then call out hops for the students to complete (i.e. 7

Hops Forward, 3 Hops backwards, etc); in which, the students will need to do.

Once a student reaches the opposite side of the gym to the wolf, the students will then race to the other side. Rock paper scissors with the wolf & the students who made it to the opposite end first for a new wolf.

Jumps Lesson Plan #1 for Athletes Ages 9-12

Introduction:

Level 2 is specific to 9-12 year olds. The goal of these lessons will be on introducing more specific technique and terminology and slightly more advanced drills than Level 1.

Warm-Up: Long Jump Sequences:

Have athletes line up at a base line, mark out 10-15 metres. Have athletes travel this distance for the following jump drills. Some cues to give for these drills are “knee drive,” “arm drive,” “standing up straight” and “balance.”

Skips for Height: x2 (Athletes should be trying skip as high as they can, without breaking form)

Skips for Distance: x2 (athletes should be trying to skip as far as they can without breaking form)

Cool Down:

4 Laps around the gym:

1st Lap—Run

2nd Lap—Skip

3rd Lap—Galop Right

4 Lap—Galop Left

Main Part:

Take-off: *Have athletes practice jumping off one foot and landing on two feet. Athletes should line up and each do this exercise 3-5 times, going to the back of the line after each turn. Each athlete should have 3-5 turns depending on time/number of athletes.*

Have athletes practice a running start, about 10 metres, and do the above drill the same way.

Landing: To practice landing, there will be 3 progressions or versions of drills. Depending on skill level of the group, you could choose to do 1, 2, or all 3 of the following drills.

Using a crash mat/sand pit, athletes should practice falling on their bums and kicking out their feet afterward. Each athlete should have 3-5 turns depending on time/number of athletes. Have athletes practice a standing long jump and land on their bums, kicking their feet out afterwards. (if athletes are having difficulty, an alternative would be having athletes land in a low squat position) Each athlete should have 3-5 turns depending on time/umber of athletes.

Have athletes practice a running long jump onto a mat, or into a sand pit. The focus should be landing on their bums and kicking out their feet. (if athletes are having difficulty, an alternative would be having athletes land in a low squat position)

Games:

Leap Olympus - The participants are broken into 3 or 4 groups. The take-off and landing areas are marked by tape (landing area should be on a tumbling mat). The first person in each team runs up to the line, takes off on one foot and lands on both feet (“stick” the landing). It is important that the participants understand what a safe landing is and that they practice it during the game. They run back to their team and the next person who then runs, jumps, etc. The team who finishes first wins the game.

Sanitize the mat regularly, but especially is an athlete touches the mat with their hands.

Jumps Lesson Plan #2 for Athletes Ages 9-12

Introduction:

Level 2 is specific to 9-12 year olds. The goal of these lessons will be on introducing more specific technique and terminology and slightly more advanced drills than Level 1.

Warm-up—Technical Drills:

Skips for Height: x2 (Athletes should be trying skip as high as they can, without breaking form)

Skips for Distance: x2 (athletes should be trying to skip as far as they can without breaking form)

Cool Down:

4 Laps around the gym:

1st Lap—Run

2nd Lap—Skip

3rd Lap—Galop Right

4 Lap—Galop Left

Main Part:

High Jump Focus: Approach

Set up cones in a circle and have athletes run around the circle at a moderate pace. Focus should be on dropping the inside shoulder. Athletes should practice running in both directions around the cone.

Athletes should run and do a lay up/reach or a basketball net. Focus should be on the arms coming up above the head.

Set up a mat (not too high) in a gym or field. Athletes should run in a large circle shape. At the end of the run, the goal is to be adjacent to the mat. The outer leg should be the take off leg.

After athletes get the hang of this drill, the next progression would be doing a scissor kick onto the mat at the end of the run.

Athletes should run in a semi-circle, once they are adjacent to the mat, have them drive their knee into a skip. Their arms should drive up in this drill as well.

High Jump Focus: Landing Drills

Practice flopping onto a mat. Athletes should stand on the mat and fall backwards onto shoulders, leaving the hips and legs in the air. Each athlete should do this drill 5-10 times to get comfortable.

Have athletes run in a semi-circle, and scissor kick onto the mat.

Games:

Weave Relay - A course of small saucer cones are set out in a slalom pattern across the length of the gym. The class will be split into teams, each team will have their own course to run through. This game is conducted as a relay race, where the students can practice running curved running patterns.

Jumps Lesson Plan #1 for Athletes Ages 13-16

Introduction:

Level 3 is focused on an older age category for 13-15 year olds. The goal is for athletes to perform the drills with all the technical points in mind and these activities are more challenging than the previous 2 levels.

Warm-Up:

Skips for Height: x2 (Athletes should be trying skip as high as they can, without breaking form)

Skips for Distance: x2 (athletes should be trying to skip as far as they can without breaking form)

Cool Down:

Fox and Hounds - Three participants form a circle and choose one person to be protected. A fourth participant stands outside the circle and attempts to tag the protected person in the circle. The circle rotates to try to keep the protected person from being tagged. Ask the students to repeat the Triple Jump rhythm they have learned by clapping it out.

Main Part:

Triple Jump-Jump Sequence:

Jump Sequences: Have athletes line up at a base line, mark out 20-30 metres. Have athletes travel this distance for the following jump drills. For all of these drills athletes should focus on arms, posture, keeping the foot flexed, and keeping the hips forward.

Skips for Height: x2 (Athletes should be trying skip as high as they can, without breaking form)

Skips for Distance: x2 (athletes should be trying to skip as far as they can without breaking form)

Bounding: x2 (athletes should focus on their core, keeping their hips forward and driving their knee.)

Triple Jump Sequence: x2 (athletes should perform this drill continuously. Hop, skip, jump/land, then repeat.)

Single Leg Switches: x2 (switch feet every two or three jumps)

Triple Jump Technical: *Have athletes line up, each athlete should then take two single leg hops, and then land on two feet. Each athlete should take 3-5 turns each. Using Hula Hoops or colored tape, line up the hula hoops in the sequence order of a triple jump. Athletes should single-leg hop into the first hoop, step into the second hoop, and land on two feet in the last hoop. Each athlete should take 3-5 turns each.*

Add a running start to this drill if athlete's skill level allows for it.

Games:

Sharks and Seals - Set boundaries. Scatter tumbling mats around the gym (these represent rocks). Choose 3-5 participants to be Sharks hold a coloured block. The remaining players are Seals. The Seals run around the gym avoiding the sharks. Seals can climb on a mat (rock) and be safe. The Seals can stay on a mat for only 5 seconds. Sharks cannot wait by the rocks for the Seal's time to be up. When a Seal is caught s/he lies flat on the ground until another Seal runs over and does 5 jumping jacks with them.

Mini Competition: Have each athlete perform a full triple-jump. Measure each distance so athletes can see their progress.

Jumps Lesson Plan #2 for Athletes Ages 13-16

Introduction:

Level 3 is focused on an older age category for 13-15 year olds. The goal is for athletes to perform the drills with all the technical points in mind and these activities are more challenging than the previous 2 levels.

Warm-Up:

High Jump Approach Drills: (3-5 Times)

Athletes should practice running on a curve using cones to create a circle. Athletes should focus on their running form especially.

Athletes should perform a 3-step take off, on the last step they should be driving the knee and the arms upwards.

Progress to 5 steps after athletes become comfortable

Progress to 8 steps after athletes become comfortable

Athletes should be focusing on knee drive, leading the runs with their hands, and pushing the hips forward.

Cool Down:

4 Laps around the gym:

1st Lap—Run

2nd Lap—Skip

3rd Lap—Galop Right

4 Lap—Galop Left

Main Part:

High Jump Take-off & Landing Drills:

Backwards jump onto mat: Athletes should stand with their backs facing a high jump mat. They then should practice the proper high jump form, jumping backwards onto the mat, kicking their legs up in the air.

This drill can progress to incorporate a high jump bar or rope. Have athletes try not to knock over the bar or hit the rope when the jump backwards.

3 step take off to scissor kick: Athletes should run a 3-step takeoff toward the high jump mat, scissor kicking over a bar or rope.

3-step take off to jump: Same as above drill, but instead of scissor kicking, athlete should do a full high jump.

TRIPLE JUMP:

Approach runs: Athletes should line up on a runway, or a gym/field. Each athlete should take 8-14 steps toward a "board" (tape or a cone is okay too). When they reach the board, they should go through the motions of take off; driving the knee and the arms. Athletes are not required to perform a proper landing.

8 step run to jump: x3 Athletes should line up on a runway. Each athlete should take 8 steps toward the board. Once they reach the board, the athlete should take off and land on a mat/pit.

This drill can progress to more steps as athletes become more comfortable.

Games:

Weave Relay - A course of small saucer cones are set out in a slalom pattern across the length of the gym. The class will be split into teams, each team will have their own course to run through. This game is conducted as a relay race, where the students can practice running curved running patterns.