

# Classroom PE KS1

KS1



## Learning objective:

To explore jumping, hopping and leaping.

## Success criteria:

Bend your knees to jump and land.

## Whole child objectives:

Social: I can move safely around others.

Thinking: I understand the difference between a hop, jump and leap.

## Equipment:

30 x cones

10

Mins

## Warm Up and Introduction

### Number 1, number 2.

Number the pupils 1 and 2. Ask the #1's to walk around the classroom whilst #2 stand still. Can they move around the space without touching anyone else? Pupils change over every time the teacher calls their number.

*Listen carefully for your number to be called.*

Progress to jogging around the teaching space when their number is called.

*Look for space to move into and stop and let someone pass if you are headed in the same direction.*

Finally ask the pupils to hopscotch around the classroom when their number is called.

*Jump two feet, one foot, two feet, one foot etc.*

30

Mins

## Skill Development

### Over the cone:

Give the pupils one cone each that they place on the floor. Pupils explore the following:

**A** Ask the pupils to jump forwards and backwards over their cone.  
*Bend your knees to jump and land.*

**C** Hop over your cone, from one foot to the same foot.  
*Make this harder by hopping forwards and backwards over your cone.*

**D** Leap over your cone by taking off on one foot and landing on the other.  
*Explore taking off from different feet.*

**B** Jump side to side over their cones.  
*Keep your feet together and you jump side to side.*



### Jump, hop, leap:

Pupils stand next to their cone. They are going to continuously move on the spot responding to the teachers instructions.

- Jump: jump and land on two feet
- Hop: jump and land on one foot
- Leap: take off from one foot and land on the other

*Listen carefully to the teachers instructions.*

*Make this harder by asking the pupils to complete the actions over their cone.*

### Over the hills:

Use the cones already placed out. Pupils work with a partner. One person sits down whilst the other walks around the teaching space, when they get to a cone they stop and jump, hop or leap over them. They move over 5 cones and then change with their partner. Repeat this a few times.

*Be sure that no one else is jumping over the same cone.*

*Make this harder by exploring jumping sideways.*

### Speed bounce:

Pupils work in their pairs with one cone between them.

**A** They take it in turns to jump from side to side over their cone. Change over every 10 jumps.  
*Keep your knees bent and feet together.*



**B** Tell the pupils together they need to complete 60 jumps over their cone. how many jumps do they need to do each? Tell the pupils to change every 10 jumps.  
*Make this harder by completing 30 jumps in one go.*

### Foxes and rabbits:

Select three pupils to be the foxes and five pupils to be the rabbits.

All other pupils (rabbits) stay seated. Foxes are allowed to walk around the classroom. Rabbits must jump around the classroom. Foxes try to catch the rabbits and when they do the rabbit must swap places with a rabbit that is sitting down.

After a few minutes, change any rabbits that have not been caught, as well as the foxes.

Jump from two feet to two feet.

Be mindful of other rabbits when you move around.



5

Mins

## Plenary

Ask the pupils how take off and land when they hop, jump and leap.

How did they move safely around others today?