

Jumping

What I should already know

In EYFS:

- I know how to jump in different directions, at different speeds, different levels, heights and distances.
- I know how and why we jump, using our head, arms and feet.
- I know the basic jumping technique.

What I will learn (Sticky knowledge)

- I can jump in combination and link jumps.
- I can apply jumping in games.
- I can apply the correct technique when jumping.
- I can understand why, when and where I jump in a game.
- I can apply imagination and creativity to my jumping.

Social Success

- I can develop my ability to give and receive feedback concerning the jumping technique.
- I can show fairness and empathy to others.

Well being and Emotional Success

- I will apply life skills such as self belief and honesty as I play within the rules of the game.
- I will jump confidently.

What I will learn next

In year 3/4:

- I will develop my ability to jump as fast/far as possible in athletics.

Key Vocabulary

Attacker	We are considered an 'attacker' when we are trying to move into space to avoid being caught by a defender.
Defender	A person who's aim is to stop the other team from scoring.
Distance	The length of space between 2 points. This might mean how far an athlete has jumped.
Landing	How we use our bodies to land after we have left a surface and jumped into the air. When landing we should land on two feet, bending our knees to absorb the impact.
Space	When jumping we need to identify open spaces to jump into to avoid other pupils
Speed	The ability to move all or part of the body as quickly as possible.

Inspire Me

The mens world record for the triple jump (hop, skip and a jump) is held by by **Jonathan Edwards**, who jumped 18.29m in 1995. The womens world record is held by **Inessa Kravets**, who jumped 15.50m in 1995.



backstop	The fielding player positioned behind the batter is called the backstop. It is their job to retrieve the ball if the batter misses or performs a backward hit
bases	A base is a station marked out by a post on the pitch where batters can wait between bats, or the fielding players stationed in these positions
batter	The batter is the person whose turn it is to bat the ball.
batting stance	The position a player adopts when preparing to bat the ball; usually sideways on to the bowler with the bat raised behind.
bowler	The player who throws (bowls) the ball underarm towards the batter is the bowler.
fielder	To field a ball is to attempt to stop or catch and return the ball after it has been hit by the batter.
tactics	The actions performed by individual players to work towards an agreed strategy are called tactics, e.g. backstop throwing the ball straight back to the bowler to reduce the risk of overthrowing to first base.
technique	A way of performing specific actions correctly and effectively.
umpire	An official who watches a match and ensures that the rules are upheld and that players conduct themselves professionally.
underarm throw	The action of throwing the ball after first swinging the arm low and backwards behind the body, and then forwards to release the ball at about waist height.
Overarm throw	throwing a ball after first taking the ball back behind the body and powerfully pushing the arm forwards over the head, releasing the ball as it passes the head.