

# NAME: LOCKDOWN LESSONS

AGE: JUNIORS

SUBJECT: PE

TOPIC: ATHLETICS

SKILLS: JUMPING AND THROWING

# BURNLEY SCHOOL SPORTS PARTNERSHIP

## WHAT WE WILL LEARN TODAY

- JUMP FOR DISTANCE
- THROW FOR ACCURACY

## EQUIPMENT

- 2 FLAT ITEMS FOR A LINE (TEA TOWEL, SCARF)
- 4/5 TARGETS (BAGS FOR LIFE, PANS, BOWLS)
- 4 BALLS MADE OF ROLLED UP SOCKS
- 1 BIN
- 1 TABLE/CHAIR
- SOMETHING STICKY (POST IT NOTE/ BLUE TACK/TAPE)

## JUMPING

### PRACTICE (CLICK HERE FOR VIDEO)

Place one item flat as start point, other item (scarf/towel) in a line just in front

Can you jump over the line, landing on two feet without touching?

If successful move the line further away and repeat!

*Easy-* Move the items close together, jump 2 feet: 2 feet

*Harder -* Start and land on one foot

#### Hits/Tips

- Feet shoulder width apart
- Swing arms back, skiing position
- Push off from toes – toes are last to leave the ground



### CHALLENGE (CLICK HERE FOR VIDEO)

#### 'JUMP AND STICK'

-Stand next to a wall, jump up as high as you can with something sticky in your hand.

-Touch the wall and stick the item, try and beat your score!



## THROWING

### PRACTICE (CLICK HERE FOR VIDEO)

Place targets (shopping bags/pans/) on the opposite side of a barrier (piece of furniture)

Can you throw your socks/balls to hit the targets, 1 point per target

*Easy-* Move closer to the targets

*Harder –* Play against a brother/sister, who scores the most points?

#### Hints/Tips

- Step forward with opposite foot to throwing hand
- Follow through with arm – fingers pointing towards target
- Swing arm like an “Elephants trunk”



### CHALLENGE (CLICK HERE FOR VIDEO)

#### ' THROWING RELAY'

-Place a bin into a space and stand one step away

-Throw object into the bin, if successful take a step back. If you miss, take a step forward.

-See how far away you can get!

