



Year 1 & 2

Week

Leaping

“ This week in P.E. we will be looking at 'Leaping'. Try these activities at home during your scheduled P.E. lessons ”



Key teaching points for leaping



1

1. Eyes focused forward throughout the leap.



2

2. Knee of take-off leg bends.



3

3. Legs straighten during flight.



4

4. Arms held in opposition to the legs.



5

5. Trunk leans slightly forward.



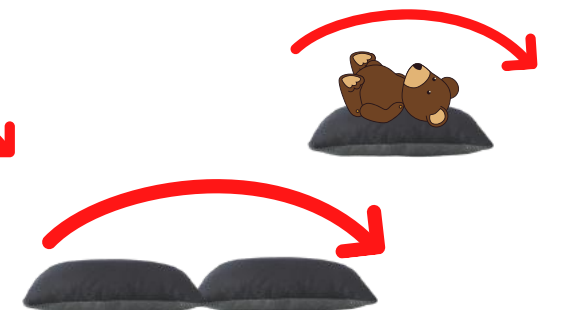
6

6. Lands on ball of the foot and bends knee to absorb landing.

1 In a safe space practice leaping and landing - watch the video clip and try to focus on your technique when leaping.



2 Place a cushion/pillow/jumper/cuddly toy on the floor. Leap over your object, making sure that you take off from 1 foot and land on your opposite foot.

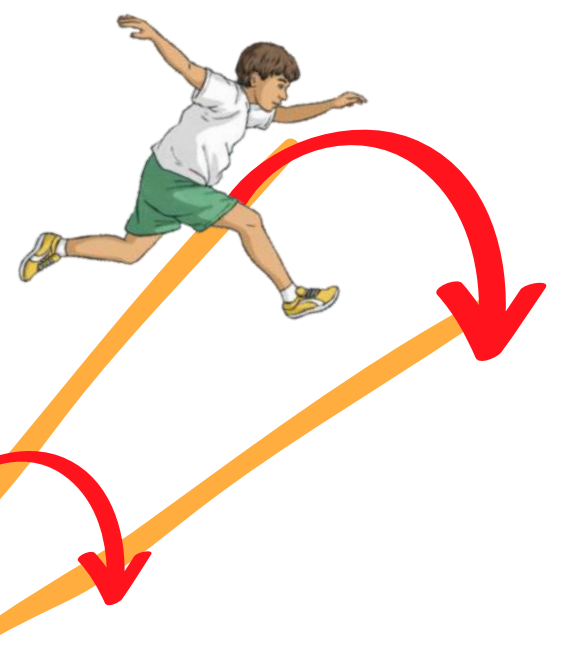


Can you put another object on the top and leap over it?

Can you put two objects together and leap over a longer obstacle?

3 Leap River Crossing

Stand on one side of the river (for the river use scarves/ties/string, etc. and try to leap over the narrow part of the river. After each successful leap move further up the river and leap over a slightly wider section of the river.



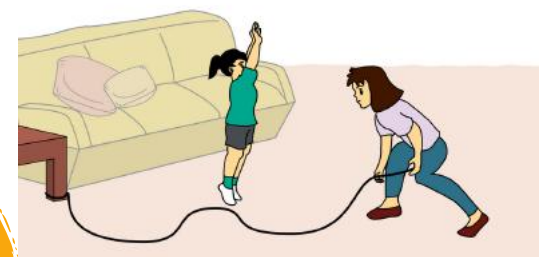
Move the widest part of the lines further apart to increase the challenge.

4 Slithering Snakes

Use the scarf/ties/string from task 3. Attach one end to a chair or table and have someone help you by 'wiggling' it in a wavy motion on the floor. Leap over the the 'slithering snake'.



Move the rope up a little higher to make the challenge harder (but not too high that you will trip over it!)



How many leaps does it take you to get from one room to another room?

Can you think of any other fun challenges that you can do to practice your leap?

