

Monday 25<sup>th</sup> January  
Physical Development (PE)  
Theme: Desert Animals

Learning objective:  
To learn to jump and land safely

Success criteria

- Bend your knees when you land
- Keep your chest up

This lesson **does not** need to be printed and can be completed as a family!

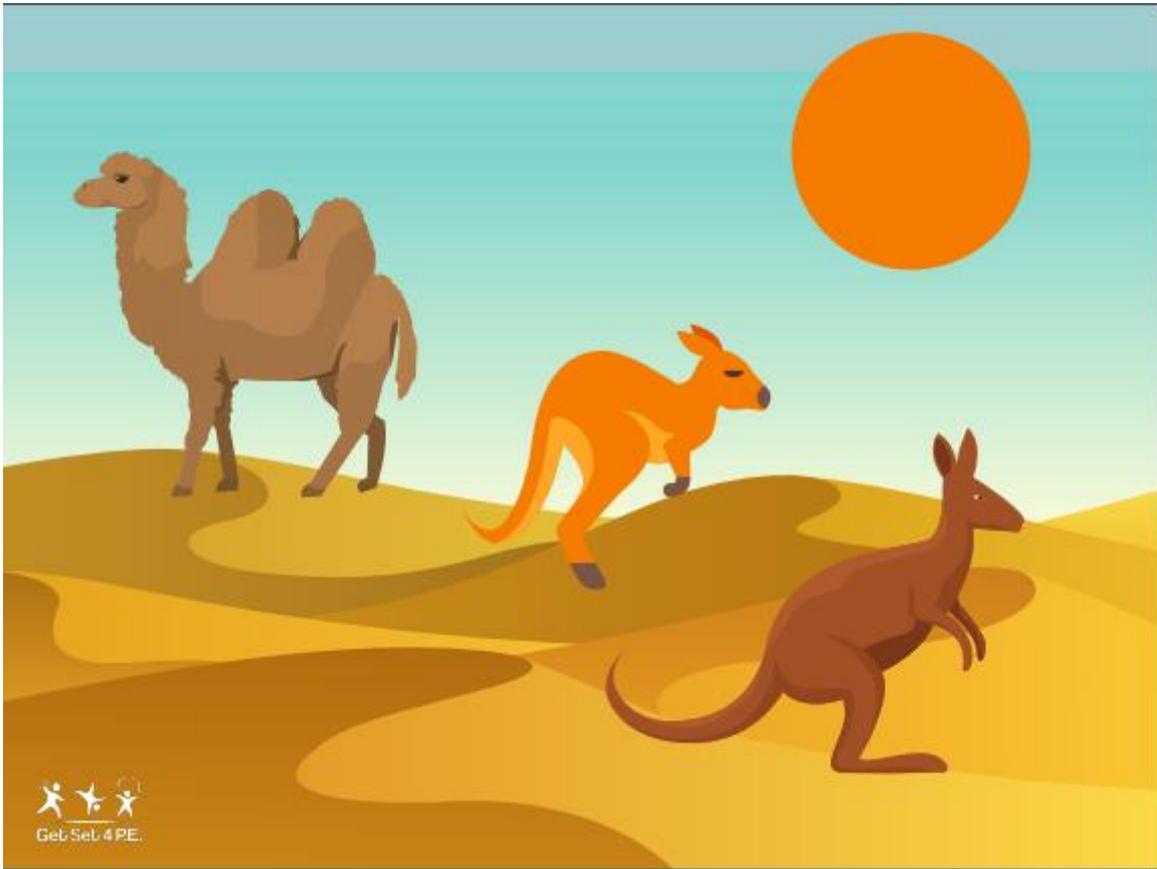
Any pictures can be viewed on a screen.

Equipment: something to use as a cone e.g small soft toy, tin, paper plate

Safety- ensure you have a safe space. Move any furniture out of the way.

## Look at the picture below

Do you recognise any of the animals?



## Warm up and introduction (10 minutes)

### Jumping wallabies:

Explain that that some animals live in the desert where it is very dry and dusty. One of these animals is a wallaby- you could find it in the picture. Wallabies are very similar to kangaroos in that they have strong powerful legs but they are must smaller than kangaroos. Wallabies need to watch out for dingoes (a dog like creature), as dingoes like to eat wallabies.

Ask the children to jog around space. On the different commands, children perform the following jumps, until you say 'I see at dingo', at which time children stop being wallabies and continue jogging again.

- Wallabies jump as fast as you can
- Wallabies jump a far as you can
- Wallabies jump as high as you can
- Wallabies jump as quietly as you can

Points to encourage your child to do

- Jog in space away from others as you travel around.
- Bend your knees on landing, land on your toes first.

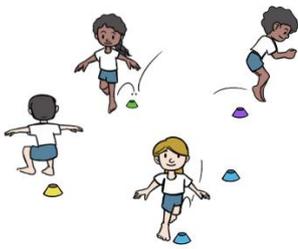
## Skill Development (25 minutes approx)

### Jump over the camels hump

Explain that another animal that lives in the desert is a camel. Camels have big humps on their back that they store fat in for their long walks. Give each child their own cone and ask them to stand in a space next to it. Ask the children to imagine that the cones are the humps on a camels back.

**A** Can they jump over their 'cone' using two feet? Can they hop over their cone same foot to the same foot? Can they leap over their cone going from one foot to the other foot?

Keep your head up and bend your knees when you land.



**B** Ask your child to walk around the room. When they get to a camels hump (the objects being used as a cone) can they stop and jump over it? Repeat the activity asking your child to hop over the camels hump. Then, can they leap over the camels hump? Can the children also explore going from two feet to one foot? Emphasise the importance and safety of landing, 'can you land without being heard?' Safe landing: bend your knees, body and head up straight, land on your toes first then put your heels down. Make this harder by asking your child to jog, skip or gallop between the cones. Make this harder by asking your child to jump backwards or sideways over their cone

### Kangaroos jump, straight jump:

Ask your child to imagine that they are kangaroos who can jump super high. In these activities the kangaroos are going to practise making different shapes as they jump. Ask the children to make a straight shape next to their cone. Explain to your child that this is the shape they will try to make in the air. Can they describe the shape, is it wide or narrow? Allow your child time to practise their straight jumps.

Hands start by your side, swing them forwards so that your arms are in line with your ears, palms facing inwards, legs together, toes pointed, finish with knees bent.



## Kangaroos jump, star jump:

Ask your child to stand in a star shape next to their cone. Can the children describe the shape, is it wide or narrow? Ask your child to jump from standing, into a wide star shape. Then can they jump back to a standing position? Allow your child time to practise.

Jump your arms and legs out wide together. Arms in line with your shoulders.

Encourage safe landing with knees bent.

Make this harder by asking the children to make the shape in the air and land back with their feet together.

