

Level 1 – Leap

Teaching Tips

Victorian Little Athletics Association

Leap

The leap is a fundamental motor skill that can impact on the long jump, triple jump and even hurdling. The object of the skill is to travel as far as possible using a one-foot take off and landing on the opposite foot. The leap can be added to any of the running or jumping games contained in this program.

COMPONENT A:

- Eyes are focused forwards throughout the leap.

Tips:

- Hold up coloured ribbons, bean bags, picture cards or fingers in front of the children and have them identify them as they leap.
- Have children reach for an object as they leap.
- Explore leaping with eyes looking down then try it with eyes looking forward, which is better?
- Have children focus on an object in the distance.

COMPONENT B:

- Take off on one foot and land on the opposite foot.

Tips:

- Use colours on feet to match markers on the ground for leaping.
- Have children yell out right - left, as they take off and land.
- Explore taking off one foot and landing on two feet and trying to run off then land on the opposite foot and continue running, notice the difference.
- Alternate take off foot from leap to leap.
- Take off on one foot and land in a hoop with the other foot.

COMPONENT C:

- Knee opposite to the take off foot leads in a forward thrust movement.

Tips:

- Have children bounce objects off their moving knee while standing still to simulate knee drive.
- Explore leaping with straight legs, which is better?

COMPONENT D:

- During leap arms are held bent in opposition to legs.

Tips:

- Ask children to reach down to the area of the ankle of the front foot with their opposite hand.
- Colour coordinate hands and feet so they match during the leap.

COMPONENT E:

- Continuation of smooth running stride following landing.

Tips:

- Ask Explore having children land with arms out for balance or in close by their sides.
- Encourage children to continue to swing their arms in opposition to legs after landing.

Level 1 – Leap

Session Plan 1

Victorian Little Athletics Association

- Components**
- A. Eyes are focused forward throughout the leap
 - B. Take off from one foot and land on the opposite foot
 - C. Knee opposite take off foot leads in a forward thrust movement.

WARM-UP (10 MIN)

Tails

Equipment Ribbons, cones, whistle

Space Large defined grass area, boundaries set out

Formation Children scattered about in a square

Instructions Children tuck a ribbon into the side of their shorts, like a tail, and on 'GO' chase each other in the square, trying to capture as many tails as possible. If a tail is taken, the child continues to run around trying to collect more tails.

SKILL ACTIVITIES (20 MIN)

Crocodile Leap

Equipment 2 ropes

Space Wide open flat grass area

Formation Small groups. Set ropes 0.5m apart at narrow end and 3m apart at wide end.

Instructions Children begin at the narrow end of the 2 ropes. They attempt to leap across the 'river' to avoid the crocodiles. As the children succeed, they move down to the wider parts of the river.

Variations Children throw a hoop to act as an island to land on as they jump across the river.

River, Rock Bridge

Equipment 1 cone or marker per group

Space Wide open flat grass area

Formation Groups of 5 standing behind a cone

Instructions Child 1 runs forward 5m and lies down flat to form a 'river'. Child 2 leaps the river and runs on 5m and crouches down to form a 'rock'. Child 3 leaps the river and the rock, runs on 5m and lies down with knees up to form a 'bridge'. Child 4 leaps the river, rock, and bridge, runs on 5m and stands still to form a tree. Continue to negotiate obstacles.

* Make sure the children get down low enough and keep their heads down when forming a rock and a river

MODIFIED COMPETITION (10 MINS)

Leaping Ladder

Equipment 4 cones or markers for starting line
4 low boxes for obstacles per group.

Space Wide open grass area

Formation Groups of 4 sitting down in single file facing the start of their line of obstacles

Instructions Each child is given a corresponding number (1,2,3,4). When leader calls out a number, the child with that number gets up running towards the obstacles, leaping over them to the end and back again returning to their sitting position. Award points for the first person back and for good technique.

Level 1 – Leap

Session Plan 2

Victorian Little Athletics Association

- Components**
- A. Eyes are focused forward throughout the leap
 - B. Take off from one foot and land on the opposite foot
 - C. Knee opposite take off foot leads in a forward thrust movement.

WARM-UP (10 MIN)

What Ever

Equipment None

Space Large defined grass area

Formation Standing in a large circle

Instruction Children begin to walk clockwise. The children have to respond to the leaders commands eg: Skip, Sprint, Clockwise, Anti-clockwise, Scattered. On 'Scattered' the children can run anywhere within the defined area.

SKILL ACTIVITIES (20 MIN)

Run and Leap

Equipment Flexi-bar, rope

Space Wide open flat grass area

Formation Groups of 4 in lines. Hold the rope up high about 5m away from the first children in the lines.

Instructions From a run up, each child runs towards the rope and leaps to touch it, taking off on one foot and landing on the other.

Variations Hold the rope higher at one end and allow the children to choose which group they want to go in. This allows them to challenge themselves to see how high they can leap. Attach objects to the rope with children aiming to hit the objects.

Charlie Over the Water

Equipment 20 – 30 skipping ropes (or as many as possible)

Space Large defined grass area. Two parallel line 20 m apart designating start and finish lines. Ropes are laid down in parallel pairs, 50cm apart, within the start and finish lines.

Formation 2 children start in the middle (Charlie's) and the rest behind the start line.

Instructions Before running across the water (space between start and finish lines), children sing the chant:

“Charlie over the water, Charlie over the sea,
Charlie caught a blackbird, But can't catch me”

Children start from behind start line, run across the water, leap over the pairs of ropes and dodge the 'Charlies', who chasm them. If the children are tagged or miss a leap, they become a 'Charlie' too.

MODIFIED COMPETITION (10 MINS)

Leaping Lizards

Equipment Chalk, ribbons, ropes.

Space Wide open grass area

Formation Children working in pairs or as a team. Sets of marked parallel lines getting further apart in width.

Instructions On 'GO', first child from each pair, or team takes turns to run and leap over sets of lines placed on the ground. They then turn and leap back with the other foot leading. They then move along to the next set of marked lines and attempt a wider leap. Tally points based on distance and/or technique.

Level 1 – Leap

Session Plan 3

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- Components**
- A. Eyes are focused forward throughout the leap
 - B. Take off from one foot and land on the opposite foot
 - C. Knee opposite take off foot leads in a forward thrust movement.

WARM-UP (10 MIN)

What Ever

Equipment None

Space Large defined grass area

Formation Standing in a large circle

Instruction Children begin to walk clockwise. The children have to respond to the leaders commands eg: Skip, Sprint, Clockwise, Anti-clockwise, Scattered. On 'Scattered' the children can run anywhere within the defined area.

SKILL ACTIVITIES (20 MIN)

Leap Frog Race

Equipment None

Space Wide open flat grass area

Formation In pairs of similar height

Instructions Children take turns with their partner to leap over each other. Have children kneel down low in a tucked position to allow their partner to run and leap over them.

Safety Tip Keep heads down!

Picture Perfect

Equipment A variety of different pictures on cue cards, cones, small ropes

Space Large defined grass area.

Formation Groups of 3 – 4 children in each line, standing 10m from the leader. Place ropes 2m apart on the ground between the leader and the children.

Instructions On 'GO', first children from each group run towards leader leaping over the ropes placed on the ground. As they leap over the ropes the leader flashes a picture card at them. Children call out the name of the picture aiming to be the first to do so.

Variations Increase the number of obstacles to leap over.
Hold up different coloured ribbons instead of picture cards.
Increase the distance of the obstacles to be leapt over.

MODIFIED COMPETITION (10 MINS)

Steeple Leap

Equipment Cones to mark starting and finishing line for each team.
Toys, hoops, boxes, ribbon etc. to use as obstacles.

Space Wide open grass area

Formation Groups of 4 children standing behind starting line, 5m from the first obstacle.

Instructions On 'GO', first child from each team runs and leaps over 4 sets of various obstacles spaced at varying distances. Some obstacles will be further apart than others.
Points can be awarded for distance cleared and for technique.

Variation Add a time factor ie 1 minute, and award points for every obstacle that has been jumped in within the time limit. Children to tally their own scores.

Level 1 – Leap

Session Plan 4

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- Components**
- C. Knee opposite to the take off foot leads in a forward thrust movement.
 - D. During leap arms are held bent in opposition to legs.
 - E. Continuation of smooth running stride following landing.

WARM-UP (10 MIN)

Scarecrow Tiggy

Equipment Cones, Whistle.

Space Wide open area/boundaries set out

Formation 2 children are taggers and the rest are scattered

Instructions Children run around in the square and when tagged, they have to freeze with their arms stretched out and legs apart. To be freed someone has to crawl through their legs.

Variations Children perform different stances in the freeze position
eg. a shot putter, discus thrower

SKILL ACTIVITIES (20 MIN)

Beat the Ball

Equipment 1 large soft ball and 8 ropes per group

Space Wide open area

Formation Groups of 5

Instructions 4 children form a line with each child standing 1 –2m apart. Another child stands alongside on a starting line. On 'GO', a ball is thrown up and down the line to be caught by each child, who then turns and throws it on to the next child in line. Simultaneously, the 5th child runs up and back, leaping over each pair of ropes placed on the ground alongside the throwers. The aim is to try and beat the ball back. Repeat the activity with children in new positions until everyone has had a go at running and leaping.

Take a Leap

Equipment Sandpit or crash mats.

Space Large defined grass area leading to sandpit or crash mats.

Formation Small groups

Instructions Children take turns to run and leap into pit or onto a crash mat.

Variations Leap over a line drawn in the sandpit.

Leap over cones in the sandpit.

Leap taking off on alternate foot.

Leap and call out a colour of an object held up in front of the child.

MODIFIED COMPETITION (10 MINS)

Grab and Score

Equipment 1 Soft toy or object per group

Space Wide open grass area

Formation Groups of 4 in a line, with first child standing 3m away from a leader out in front of the group.

Instructions Leader holds the soft toy up high. On 'GO', the first child from each group runs and leaps in an attempt to touch the toy. If successful, they receive 1 point for their group. After each child has had lots of turns tally up the scores, award bonus points for correct technique.

Level 1 – Leap

Session Plan 5

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- Components**
- C. Knee opposite to the take off foot leads in a forward thrust movement.
 - D. During leap arms are held bent in opposition to legs.
 - E. Continuation of smooth running stride following landing.

WARM-UP (10 MIN)

Express Train

Equipment None

Space Large defined grass area

Formation Groups of 4 to 6

Instruction Standing behind one another each group begins to walk, skip, hop or jog. On 'GO', the end person sprints to the front and becomes the driver. The drivers can change the direction or action, but only while driving.

SKILL ACTIVITIES (20 MIN)

Warm Up Leap

Equipment Bibs, Ropes, Colour bands, milk cartons
Court markings

Space Wide open area

Formation Group activity

Instructions

- (1) Children run to leap over designated lines
- (2) Children run to leap over each line as they progress down or across a court track
- (3) Children run to leap over small obstacles such as jumpers, bibs etc
- (4) Scatter ropes in working area for children to leap over
- (5) Children run to leap over obstacles, change directions and run to leap over another obstacle, continuing in a zigzag fashion

Rescue Leap

Equipment 6 cones or 6 canes or sticks and 1 hoop per group

Space Wide open area

Formation Groups of 5 with first child from each group at the start line and the remaining children standing inside a hoop at the other end.

Instructions Set up cones and canes to make a series of obstacles for the children to run and leap over. On 'GO' the first child from each group runs and leaps over the obstacle to tag a child standing inside their hoop at the other end. They both then run and leap back to the start line. Whoever has just been rescued now becomes the rescuer. The activity continues until everyone has been rescued.

MODIFIED COMPETITION (10 MINS)

Wriggling Ropes

Equipment 3 skipping ropes

Space Wide open area

Formation Groups of 5. Two children from each group wriggle a skipping rope and the others stand in line 5m away.

Instructions On 'GO' the first child from each group runs and leaps over the wriggling rope. The children receive one 1 point for clearing the wriggling rope. Each child has 3 attempts. Change the rope wrigglers half way to give all children a go at leaping and wriggling the rope. On completion tally scores and award places.

Variations Increase the number of wriggling ropes to be leapt over.