

Level 1 – Vertical Jump

Teaching Tips

Victorian Little Athletics Association

Vertical Jump

The jump is another important motor skill that can be applied to many events. Developing good technique at the early stage is more important than seeing how high children get as strength is a major limiting factor. Important to this skill is the coordination of the arms, trunk and legs to develop maximum force. Try and incorporate some of the following tips within any activity, game or modified competition that you are coordinating.

COMPONENT A:

- Eyes are focused forwards throughout the jump.

Tips:

- Have the children reach for an object above their head.
- Have the children identify an objects colour.
- Explore jumping with their heads down, then heads up, which is better?

COMPONENT B:

- Crouch with knees bent and arms extended behind body.

Tips:

- Award points for best starting position.
- Explore jumping without crouching, which is better?
- As children crouch with their hands moving behind their body, have another child give them a “ten” hand slap.
- Have children reach back and grab an object from their partner or touch their partner’s toes standing behind them.
- While playing some of the activities, allow children to be released from tag games by jumping from a crouched position.

COMPONENT C:

- Forceful upward thrust of arms as legs straighten to take off.

Tips:

- Have children holding soft objects as they crouch, children throw the soft objects into the air as their arms swing through.
- Have children explore jumping without using their arms, which is better?
- Children can reach for an object held above their heads.
- Award points for the best arm swing.

COMPONENT D & E:

- Contact ground with front part of foot and knees bend to absorb landing.
- Take off and land in same spot.

Tips:

- Explore landing softly and landing loudly, which is better?
- Have children jump off a low object onto the ground as quietly as they can.
- Have children jump from and land in a small hoop.
- Have children jump from and land on a line.
- Have children hold the landing position for a count of three.

Level 1 – Vertical Jump

Session Plan 1

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- Components**
- A. Eyes focused forward or upwards throughout the jump.
 - B. Crouch with knees bent and arms extended behind body.
 - C. Forceful upward thrust of arms as legs straighten to take off.

WARM-UP (10 MIN)

Jockeys

Equipment None

Space Wide open area

Formation In pairs with partner of similar height, group forms a circle. Person in front is the 'horse' and the person behind is the 'jockey'.

Instructions Children respond to the following commands:

- (1) 'Jockeys racing' – jockey runs around the outside of the circle and back to place
- (2) 'Horses racing' – horses crawl through jockey's legs, run around back of circle and return to place
- (3) 'Melbourne Cup' – grab partners hand and run twice around circle and back to place

SKILL ACTIVITIES (20 MIN)

High Arms

Equipment Flexibar or 2m elastic held up high

Space Sandpit or grass area

Formation 3 to 5 even lines alongside sandpit, facing the flexibar or elastic.

Instructions On 'Go', the first child from each group takes off and jumps into the sandpit, touching the overhead elastic with both hands on the way through. Ensure children are taking off and landing using both feet.

Jumping Jo

Equipment Cones

Space Area marked with a boundary

Formation Random

Instructions Leader selects one child to be 'Jumping Jo'. He or she has to perform a number of jumps forwards, backwards, sideways, frog, rabbit, kangaroo. The other children imitate. This continues till Jumping Jo stands still and claps hands. On this signal the other children jump away, as Jumping Jo tries to catch one. The child who is caught becomes Jumping Jo for the next turn. No child can be Jumping Jo twice. Leader can nominate.

MODIFIED COMPETITION (10 MINS)

Dunk It

Equipment 1 flexibar and 2 high jump upright supports weighted down or 2 posts.
Several small balls for each group.

Space Wide open grass area, providing a soft landing

Formation Groups of 3-5

Instructions Children take turns in dunking the balls over the flexibar doing vertical jumps holding a ball in the hand closest to the flexibar. If they succeed, their team scores a point. The team to score the most points in a set number of rounds wins the competition.

Variations Allocate a time limit eg. 1 minute to see how many dunks a team can score. The team with the most dunks wins. Children can assist with scoring by calling out 'YES' when someone dunks the ball.

Level 1 – Vertical Jump

Session Plan 2

Victorian Little Athletics Association

- Components**
- A. Eyes focused forward or upwards throughout the jump.
 - B. Crouch with knees bent and arms extended behind body.
 - C. Forceful upward thrust of arms as legs straighten to take off.

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)

Sky Ball

- Equipment** 2 small soft balls per pair, 1 cone per pair
- Space** Large defined grass area.
- Formation** Pairs (A and B), spaced at least 2m apart from other groups. Use cones to designate starting position for each pair.
- Instructions** Partner A of each pair crouches down low, holding two small soft balls behind their backs (see component B.). With 1 ball in each hand, on 'GO', children fling balls into the air (see component C) and see how high they can make them go. Partner B watches to see where the balls land to retrieve them and then it becomes their turn.
- Variation** Use a hoop, jumping up from and landing back in the hoop.

King Roos

- Equipment** Cones or markers,
- Space** Large defined grass area
- Formation** Set out a rectangle with two 'end zones'. Two children are 'Joey's' and stand in the middle. The other children stand in one 'end zone'.
- Instructions** On command 'Jump Roos', children have to jump over an obstacle (cone) to get out of the end zone before running to the other end without getting tagged by a 'Joey'. If they are successful and reach the other side they are 'King Roos'. Those who get tagged and / or do not jump over an obstacle join the 'Joeys' in the middle to tag others.

MODIFIED COMPETITION (10 MINS)

Memory Teasers

- Equipment** Mats of various pictures, numbers, shapes or words.
These can be chalk drawn onto the ground.
- Space** Wide open grass area
- Formation** Groups of 4
- Instructions** leader lists a sequence of named squares to which the children must jump. Jumps can be performed forwards, backwards or sideways. The children receive 1 point for each correct sequence they get. Make the sequences no more than 4 jumps.

Level 1 – Vertical Jump

Session Plan 3

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- Components**
- A. Eyes focused forward or upwards throughout the jump.
 - B. Crouch with knees bent and arms extended behind body.
 - C. Forceful upward thrust of arms as legs straighten to take off.

WARM-UP (10 MIN)

Octopus

Equipment None

Space Large defined grass area, 2 lines about 2m apart

Formation 2 children in the middle and the rest standing behind a line on one side

Instructions The children in the middle call 2 children's names. The children named try to run to the other side. When they make it, everyone else tries to get there too. If tagged, that person helps in the middle. When Octopus is called, everyone has to run to the other side.

SKILL ACTIVITIES (20 MIN)

Sergent Jumps

Equipment Chalk

Space Large defined grass area with a wall

Formation Groups of 3

Instructions Children stand side on to the wall with the chalk in the hand closest to the wall. They perform a jump for height and at the peak of their jump they mark the wall with their chalk. They do this 3 times, with each time trying to beat their previous jump. Give each child a different coloured chalk to mark their jumps. This way they can keep track of their jumps and not get confused.

Variation Give a point each time a child betters their own jump, add the points up at the end.

Call The Chopper

Equipment Rope with a knot or handle on the end per group

Space Large defined grass area

Formation Groups of 3 – 4 with 1 child in the middle.

Instructions The child in the middle swings the rope around low to the ground with the other children singing: "Helicopter, helicopter, please come down,

Do your duty on the ground, what's our favourite colour?"

The child in the middle calls out a colour and the other children have to spell out the word, one letter each time they jump the rope. Swap the helicopter pilot (middle child) after a few minutes.

MODIFIED COMPETITION (10 MINS)

In and Out

Equipment 2 flexibars tied together or a 3m length of elastic with end tied together to form a ring for each group.

Space Wide open grass area

Formation Groups of 5

Instructions Four children stand with the elastic stretched around their legs to make a circle. The other child jumps in and out of the elastic circle set at various heights (ankles, knees hips and underarms) depending on his/her ability. Award points for a balanced landing with no more than one step in any direction. Each child has 4 jumps. Take off and landing is done on both feet. When the child has completed their jumps the next child has a go. If a group gets all 5 children jumping successfully in and out, the group receives bonus points. Tally up points at the end.

Variation Children land with feet either side of the elastic.

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Session Plan 4

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- Components** D. Contact ground with front part of foot and knees bend to absorb force of landing.
E. Take off and land in the same spot.

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)

Hoop Jumps

Equipment 1 hoop per pair

Space Grassed area

Formation Pair in space by themselves

Instructions One child places the hoop on the ground and the partner jumps into the hoop then out. Raise the hoop slightly for each successive jump, until the child jumping touches the hoop or thinks they cannot jump over it. The children then change places and the other child jumps.

Safety Tip: Leaders should ensure that the hoop is not raised too high for the children to jump safely.

Variety Jumps

Equipment None

Space Wide open grass area

Formation Individuals

Instructions Children explore jumping in different ways.
The leader calls out the following commands:

1. Jump forwards / back wards
2. Jump right / left
3. Make different shapes in the air (star, ball, arch, stick etc).

Variation Jumps can also be made over small objects.

MODIFIED COMPETITION (10 MINS)

Jump 'N Run Relay

Equipment 2 canes per group, 3 cones or markers per group

Space Grassy area

Formation Groups of 4. 2 cones spaced 10m apart. Canes laid out on ground between the cones.

Instructions Children stand in single file behind the cones. First child runs up, jumps over the cane keeping feet together, around the second cone and back to tag the next child.

Variations Place the canes on top of two small cones.

Level 1 – Vertical Jump

Session Plan 5

Victorian Little Athletics Association

- Components** D. Contact ground with front part of foot and knees bend to absorb force of landing.
E. Take off and land in the same spot.

WARM-UP (10 MIN)

Jockeys

Equipment None

Space Wide open area

Formation In pairs, with partner of similar height, form circle. Person in front is the 'horse' and the person behind is the 'jockey'.

Instructions Children respond to the following commands:

- (1) 'Jockeys racing' – jockey runs around the outside of the circle and back to place.
- (2) 'Horses racing' – Horses crawl through jockey's legs, run around back of circle and return to place.
- (3) 'Melbourne Cup' – grab partners hand and run twice around circle and back to place.

SKILL ACTIVITIES (20 MIN)

On and Off the Island

Equipment 4 cones

Space Sandpit

Formation Groups of 4 in single file at one end, cones spaced 5 m apart.

Instructions Children line up behind the cones to take turns to jump off the island into the water (the sandpit), landing with knees bent and feet slightly apart to make a big splash. They can also try landing without making a ripple.

Variation Have the children jump off from a height into the 'water', use a small box.

Jump n' Run

Equipment 3 small hoops per group

Space Wide open area

Formation Groups of 4. Place the hoops on the ground at a distance that each child only has to make one jump between each hoop.

Instructions Taking turns, each child jumps from circle to circle using a double leg take-off. When they jump out of the end circle, they run back to the start and tag the next child. The activity continues until each child has had a go.

Variation Children jump over small domes and then run back.

MODIFIED COMPETITION (10 MINS)

Jump The Rope

Equipment 2 skipping ropes, 1 cone per team

Space Grassy area

Formation 4 – 6 children in each team

Instructions Teams line up behind their starting point. Four assistants hold up the 2 ropes a short distance off the ground. Children take turns to jump over the first rope, then over the second rope, scoring points for their team for each successful jump. Repeat the activity raising the height of the ropes each time. Award points for each successful jump and for good technique. Team with the most points wins. Best individual scores can also be awarded.

Level 1 – Vertical Jump

Session Plan 6

Victorian Little Athletics Association

- Components** D. Contact ground with front part of foot and knees bend to absorb force of landing.
E. Take off and land in the same spot.

WARM-UP (10 MIN)

Jockeys

Equipment None

Space Wide open area

Formation In pairs, with partner of similar height, form circle. Person in front is the 'horse' and the person behind is the 'jockey'.

Instructions Children respond to the following commands:

- (1) 'Jockeys racing' – jockey runs around the outside of the circle and back to place.
- (2) 'Horses racing' – Horses crawl through jockey's legs, run around back of circle and return to place.
- (3) 'Melbourne Cup' – grab partners hand and run twice around circle and back to place.

SKILL ACTIVITIES (20 MIN)

On and Off the Island

Equipment 4 cones

Space Sandpit

Formation Groups of 4 in single file at one end, cones spaced 5 m apart.

Instructions Children line up behind the cones to take turns to jump off the island into the water (the sandpit), landing with knees bent and feet slightly apart to make a big splash. They can also try landing without making a ripple.

Variation Have the children jump off from a height into the 'water', use a small box.

High Fives

Equipment None

Space Wide open grass area

Formation Pairs

Instructions Children complete the following activities:

- (1) Children face each other and jump up to slap both hands above their heads (high 10's)
- (2) Children stand shoulder-to-shoulder and jump to give a 'high 5' with 1 hand above their heads.
- (3) Children stand side on, facing opposite directions and swing back to slap their partner's hands low on the backswing before they jump (low 5's)

Variation Pairs may repeat actions as they progress along a line. Combine some of the above actions to form a sequence. Each group invents a variation.

MODIFIED COMPETITION (10 MINS)

Jump The Rope

Equipment 2 skipping ropes, 1 cone per team

Space Grassy area

Formation 4 – 6 children in each team

Instructions Teams line up behind their starting point. Four assistants hold up the 2 ropes a short distance off the ground. Children take turns to jump over the first rope, then over the second rope, scoring points for their team for each successful jump.

Repeat the activity raising the height of the ropes each time. Award points for each successful jump and for good technique. Team with the most points wins. Best individual scores can also be awarded.