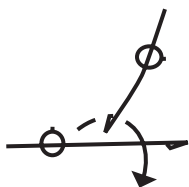




Warm-up

- (i) Run in and out of each other and into spaces - STOP
(Remember to run on the balls of your feet)
- (ii) Run in and out of each other into spaces, bounce on the spot.
(Repeat several times)
- (iii) In twos. No. 1 lie down on the ground long and thin.
No. 2 run in and out of people lying down and when you come to a person in a clear area - jump over his/her ankles. Change over roles. *(All stand stretched and thin to feel how you should be, then all lie on ground stretched and thin before repeating the exercise)*



Floorwork

- (i) Bounce on the spot - remember ankles and knees working hard. Bounce from side to side, forwards and backwards bounce like a ball.
(Remind about keeping head up and using arms)
- (ii) On the spot jump high into the air using arms to help us - stretch in the air and make the landing "Squashy". How high can you jump up and land on the same spot?"
(QUESTION - Is the jump making a thin or wide shape? ANSWER - THIN - repeat the jump then "feel" the stretched, wide, star shape whilst standing on the floor. Try a jump showing that shape in the air.)
- (iii) Run in and out of each other and jump into a space - from two to two feet - which shape are you showing?
- (iv) Lie in a long thin stretched shape on the floor, then run and jump to show a wide star shape in the air.
OR lie in a wide star shape on the floor then run and jump to show a long thin shape in the air.



Apparatus

- (i) Explore your apparatus by travelling over/under/around and along it.
- (ii) Can you explore your apparatus, and when you come to a clear low part, jump from it and let me see which shape you are making.
(Demonstrations to show "thin" and "wide". Remind children they must only jump from low parts of the apparatus.)
- (iii) Can you travel in and out of all the apparatus, and when you come to a clear piece can you use it and then jump from a low part of it showing a thin shape or wide shape in the air?



Concluding activity

Curl up tightly on the floor then SLOWLY uncurl into a wide star shape on the floor, curl up again and SLOWLY uncurl into a long thin shape on the floor.

