PROGRESSION 5

Warm-up - preparation

"STRETCHING"

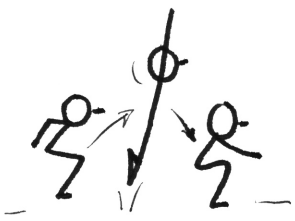
(i.) Remember the jogging / sidestepping / stretching warm-up you created in the last session using stretches A, D and G *(have copies of the cards available for children who need to remind themselves of the stretches).* Practise your warm-up sequence several times and when questioned explain which groups of muscles they are stretching.

(ii.) **On the spot**, do a small jump 2 feet → 2 feet
2 feet → 1 foot
1 foot → 2 feet
1 foot → same foot
1 foot → other foot
bounce on the spot practising these different jumps so you remember them.

GENERAL WARM-UP
"BOUNCE AND STEP"
(Track 5)

(iii.) Stand side-by-side with a partner and perform General Warm-up No5 "Bounce and Step" to create a short, repeatable pattern of bounces and steps. "Bounce and step" *(Track 5)*.

Floor-work



(i.) Demonstrate a basic 2 feet → 2 feet jump *(allow a short practise for children to show whatever shape they want to in the air).* What are the teaching points for a jump?

Answers should include:-

- Strong **thrust** from hips, knees, ankles and feet.
- Strong **upwards swing** of arms to assist the launch.
- **Head up.**
- Good **strong body tension in the air** to maintain clarity of body shape and balance.
- A landing where hips, knees and ankles **"give" to absorb any shocks**.

(ii.) Explore all the different shaped jumps possible

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