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| A. **Learning Tasks:** Describe and label (**IERA**).  *­* | B. **Cues** |  |
| Pre Control/Control  Jumping for height  -Run and hit streamers/balloons ( Don’t fall down)  -Self space (Poly spot, Focus on taking off two feet landing with two)  -Off step (swing arms upward)  -leap in general space on signal (focus on swinging arms upward)  -Approach balloon/streamer with run (Safety Check)  -debrief questions  Jumping for distance  -two feet, one foot-land on two feet  -Jump your height mark with beanbag/poly spot  -Debrief About difference in distance/height CEs | Which gives you more height: A two-foot takeoff or a on-foot takeoff?  A standing jump or a running approach to the jump? | Early on want to make sure they are not falling to the ground.  Make sure you do safety check when you run and hit streamers/balloons |
| Control  Body shapes  -Over equipment (over step) making a  Narrow  Wide (make sure they return to shoulder width)  -Symmetrical (both sides of body look exactly alike)  -Nonsymmetrical shape  -Take a few steps and run and make a wide shape  -try other shapes with your short running approach | Cues:  Swing Upward, Heads up,  Yielding Landings | Only add running, jumping and making shapes while airborne only after they have demonstrated safe landings in self-space. |
| Jump on and off equipment using buoyant and yielding landings  -Jump over equipment using leap with buoyant landings.  jump on step with buoyant landing-barley touch the equipment before you are off again and back to the floor, almost like a springboard. No stopping between jumps  -yielding landing-wait a few seconds and then jump to the floor with another yielding landing. Really hold still when you finish.  -practicing jumping on step with different jumps—one foot to two, etc.—mix the type of landings you use when landing, but always use a yielding landing with two feet when you jump to the floor. | | Which landing is used for a quick, springy action to continue movement?  Which landing is used for landing and holding still? |
| Utilization  Jump to catch   * Self-Toss and jump (do 3 trials and switch) * Left/right: when becomes easy * Partner High level * Try one and two foot takeoffs * Run and jump: Left to right then left to right * Run away from the throw.   Hot Potato (Groups of 3 every catch and throw must be in the air)  -Add a team | |  |
| Proficiency  Jump with a partner and mirror actions (3 turns and switch)  -Try a challenge (gesture in the air, shapes) |  |  |
| Match (side by Side, 3 jumps and switch)  -Travel (Travel, jump, land, Freeze)  -Add a second traveling action and second jump | Counting will help you match starting each jump  Cues: Travel-Jump, Land |  |