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| A. **Learning Tasks:** Describe and label (**IERA**). *­* | B. **Cues**  |  |
| Pre Control/ControlJumping 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 questionsJumping 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 |
| ControlBody shapes-Over equipment (over step) making a NarrowWide (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?  |
| UtilizationJump 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 |  |
| ProficiencyJump 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 jumpCues: Travel-Jump, Land |  |