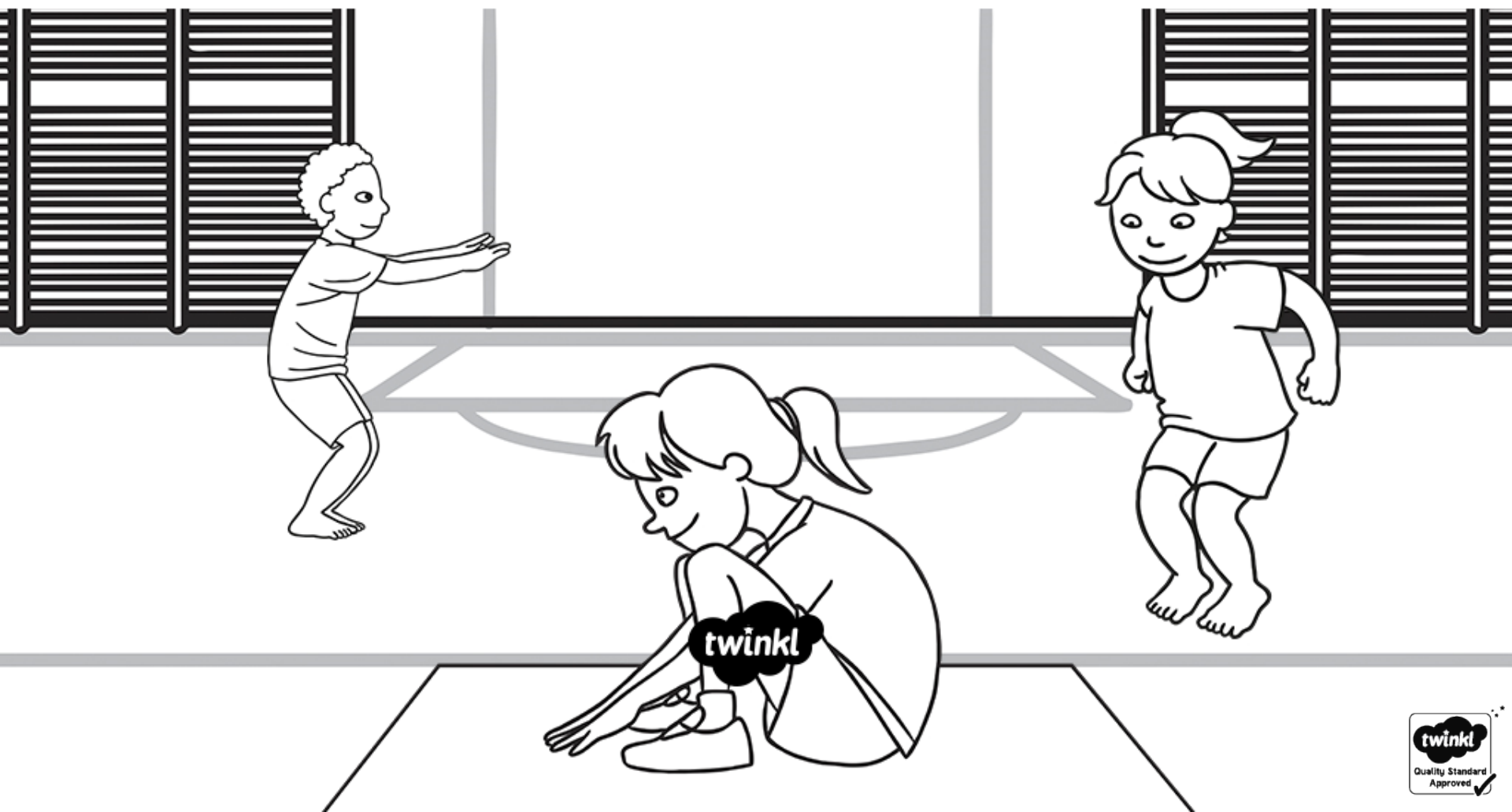


Fantastic Frogs



Aim

- I can make and hold different shapes.

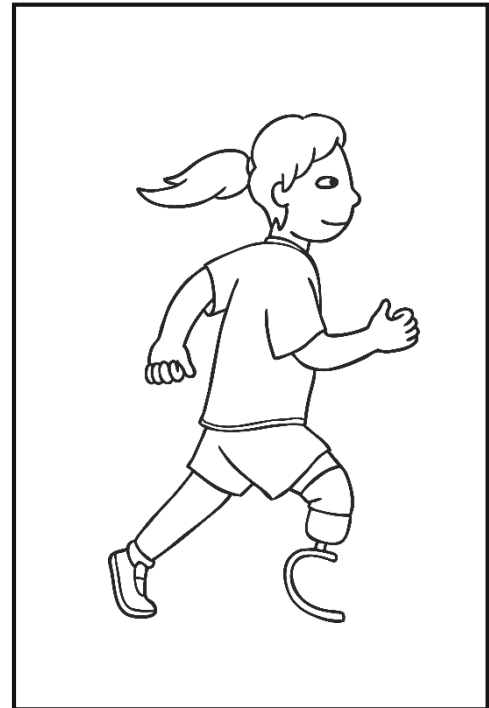
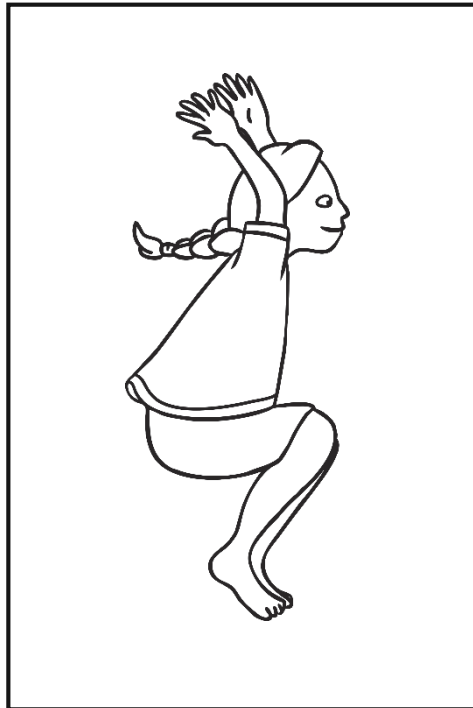
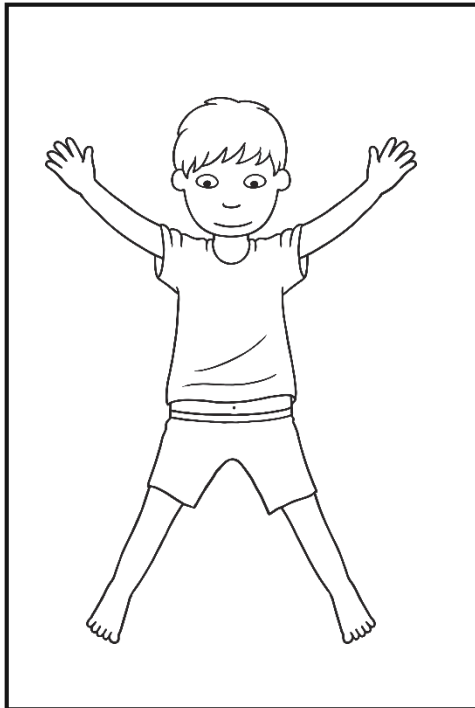
Success Criteria

- I can jump into a thin shape.
- I can jump into a wide shape.
- I can jump into a small curled shape.
- I can travel, jump and hold a shape.

Warm-Up



① How can we warm ourselves up ready for exercise?



Watch



Watch these fantastic frogs jumping.



② What shapes do they make when they jump?

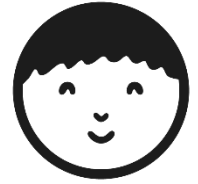
Straight Jump



? Can you jump high and make a long thin shape?

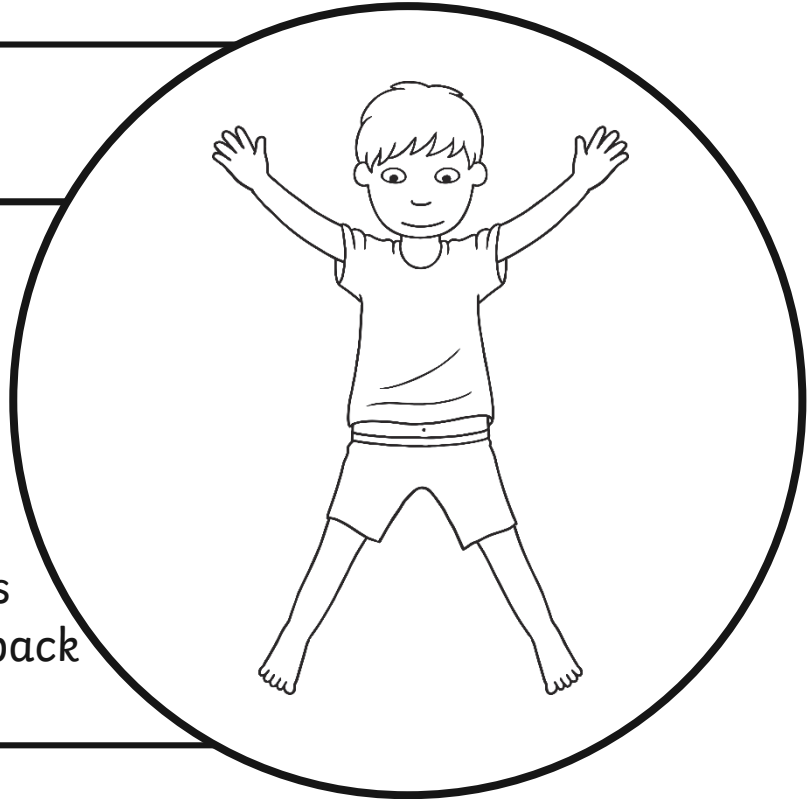
Stand with your feet hip distance apart. Jump from two feet, bend your knees and take your arms over your head to help you lift off the ground. Keep your body very straight. Land on the balls of both feet, bending your ankles, knees and hips to absorb the shock.

Jumping Jacks

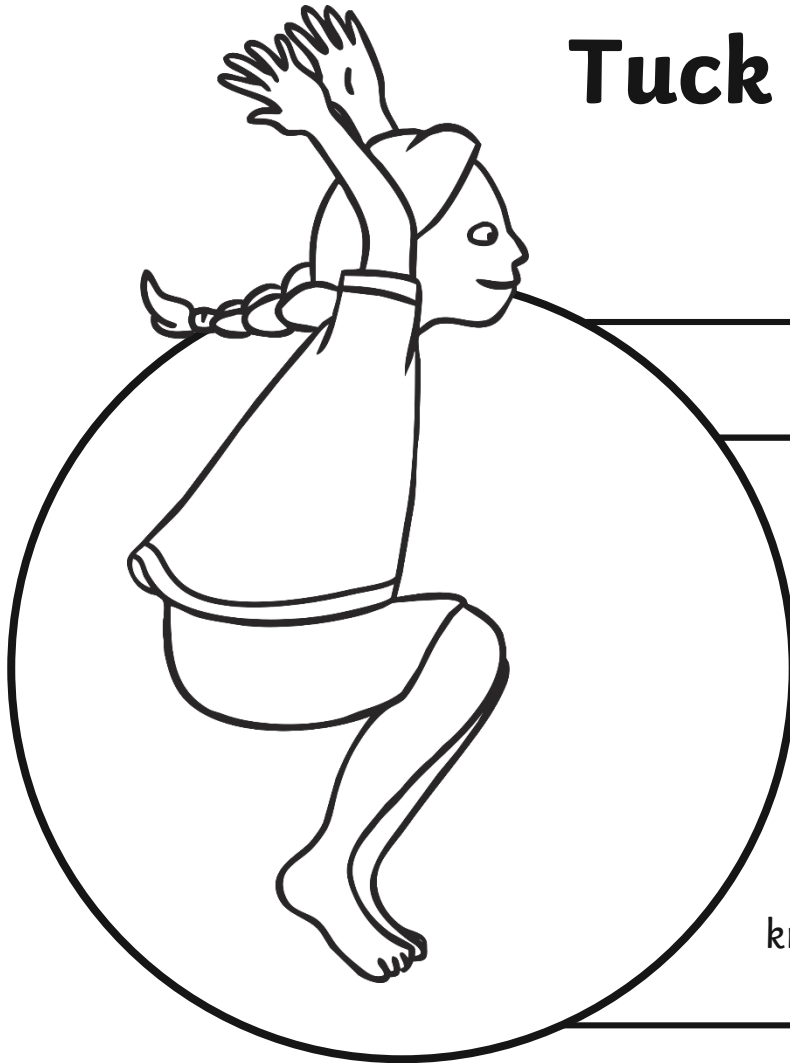


❓ Can you jump and make a wide shape?

Stand with your feet hip distance apart. Jump from two feet, bend your knees and use your arms to help you lift off the ground. Spread your arms and your legs wide and land on the balls of both feet, bending your ankles, knees and hips to absorb the shock. Bring the feet back together to land.



Tuck Jump



? Can you jump and make a small curled shape?

Stand with your feet a small distance apart. Jump from two feet, bending your knees and pushing off. Bring the knees up towards your chest as you jump, keeping your head up. Use your arms by bringing them over your head as you jump and out in front at shoulder height as you land. Bring your legs back down to land, bending your ankles, knees and hips and landing on the balls of your feet.

The Frog and the Fly



You are going to work in pairs. One is the frog, the other is a fly.

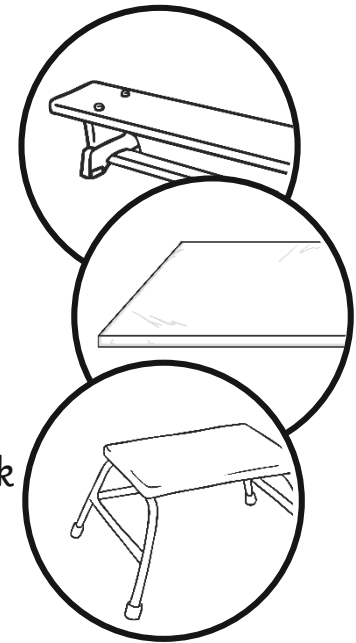
- ② The frog has spotted a tasty looking fly buzzing nearby; using the apparatus and jumps practised, will it be able to catch its prey?

The Frog

- Crawl carefully along a branch
- Use a straight jump to land upon a lily pad
- Use jumping jacks to move to a nearby rock
- Stick out your tongue and catch the fly!

The Fly

- Move quickly at a high level near the branch
- Move slowly at a low level near the lily pad
- Change between high and low level movements near the rock
- Use a tuck jump to show being caught by the frog!



Now swap over and try the other role!

Aim



- I can make and hold different shapes.

Success Criteria

- I can jump into a thin shape.
- I can jump into a wide shape.
- I can jump into a small curled shape.
- I can travel, jump and hold a shape.

