Grade 1 Creative Arts and sports Notes.

Term 2

PERFORMING AND DISPLAY

Jumping

This is a Locomotor activity in which someone springs from the floor into the air from one or both feet and returns to the floor with both feet simultaneously.

In a jump the body is briefly suspended in the air and then drops to the ground, weight taken on one or both feet.

When teaching this skill emphasis the importance of learning to land safely by bending the ankles,knees and hips.

The jumping skill is important in playground games such as hopscotch, jumping the rope, dance and action songs.

Jumping is a skill applied in track and field events such as long jump and triple jump.

Teaching points for jumping skill.

- Stand with feet weight evenly distributed.
- Keep body erect, shoulders level and head high
- Look straight ahead
- Bend both knees bring arms down and back
- Bring arms forward and spring into the air toes leaving the floor last.
- Land on balls of the feet,then lower weight onto the soles and heels.
- Bend knees to cushion shock of landing.

Jumping skills

<u>Jumping for a distance</u>

- Be d knees – crouch position
- Swing arms back then quickly forward
- Explode forward from crouching position
- Push of from toes- toes are the last part to leave the ground.
- Land with heels first and knees bend to absorb the shock.

Jumping for height