**Levels of Jumping**



**Grade Level:** 1st Grade

**Subject(s) Area:** Physical Education- Jumping at different levels

**Materials Needed:**

* Gym or classroom area
* Posters of a frog jumping, a kangaroo jumping, and a deer jumping.
* Poly spots (colored flat discs)
* Dome cones (short)
* Regular cones (tall)

**Standards:**

* **Movement Skills**

1.1.1-Demonstrate galloping and hopping as basic locomotor skills.

* **Control in Movement**

1.1.4- Use control in travel activities (e.g., changes directions in a safe manner, shows an awareness of objects and other people when moving.)

* **Movement Concepts**

 1.2.1- Demonstrate the patters of over, under, around, and through with the use of various equipment.

**Objectives:**

* Students should be able to properly demonstrate jumping at high, medium, and low levels.
* Students should be able to identify what animal jumps at what level.
* Students should know the differences between high, medium, and low.

**Learning Activities:**

* Explain to students that they will be learning about different levels of jumping.
* Explain low (below the knees), medium (knees to shoulders), and high (above the shoulders) levels.
* Transition students to personal space and have them imitate objects at each level.
* Gather students in a group and ask what level they think a frog, kangaroo, and deer jump at.
* Put students into three groups and assign each group to an area. Frog-jumping from poly spot to poly spot. Kangaroo-jumping over short dome cones. Deer- jumping high over tall cones.
* Each group stays at each area for 1-2 minutes, then the rotate to a new area.
* Conclude by going over the three levels that were learned for this activity

**Assessment:**

* Were the students able to perform the explained jumping skill at each level?
* Did the students understand the differences between the three levels?
* Were the students able to explain what animal jumped at what level?

**Reflection:**

 This lesson that I taught took place in the first grade classroom itself. I was not able to utilize a gym setting for this, and the lesson was a bit more difficult because of this environment. I created as much space as I could in the classroom, and I placed the cones down in the three different areas that I chose. This lesson did not go quite as smoothly as I planned, because putting first graders and jumping together in a small classroom space is not something that should be tried. I quickly learned that perhaps I should have chosen a different activity to complete instead of jumping. Students were almost running into each other as they jumped, and their energy was reflected in the atmosphere of the classroom.

 If I taught this again, I would have to use a bigger space, such as a gym. If a gym was not available for me to use, I would change my lesson plan. For students who are this young, I don’t think that placing them so close to each other with an activity that requires a lot of movement would be a good idea.