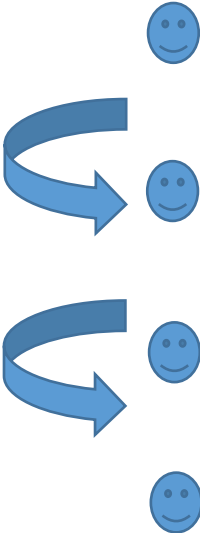
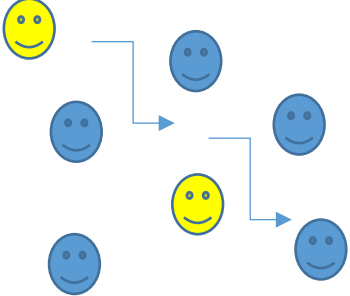
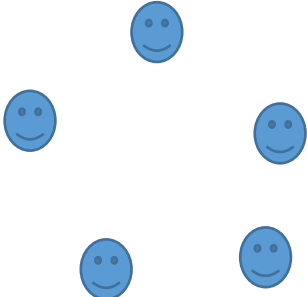
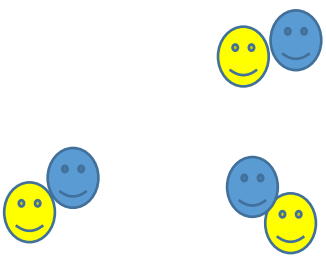
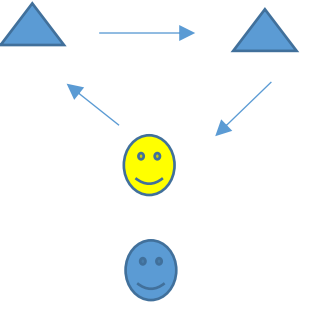


Session Plan

Session Theme: JUMPING

| | Description of activity | Diagram |
|--|--|---|
| <p>Activity 1</p> <ul style="list-style-type: none"> Log Crossing | <p>Coach divides players into 2 teams. Players lie down on ground on their back in straight line 1 metre apart. First player jumps over each log (player) in team till they reach end. When the first player is half way up the log line, the second player can start and do the same procedure. Work the log line the whole way to the far side of the court. Winner are team that reach the end of area first.</p> |  |
| <p>Activity 2</p> <ul style="list-style-type: none"> Hopping Tag | <p>Coach gives bibs to a small group of players they are now 'ON'. They must try and catch the rest of the group. The only way all players can move around playing area is by jumping.</p> |  |
| <p>Activity 3</p> <ul style="list-style-type: none"> Animal Movements | <p>Players move around area via different ways of jumping similar to animal movements. When coach calls 'Ostrich' they must hop on one leg. 'Frog' they must jump from low to high like a frog. 'Kangaroo' players must hop along with two feet together.</p> |  |

| | | |
|---|--|--|
| <p>Activity 4</p> <ul style="list-style-type: none">Trucks and Trailers | <p>Coach divides players into groups of two. One player is the truck and the other is the trailer. The trailer must then follow the truck around the area. Players are only allowed to move around area via hopping on one leg, frog jump or jumping with two feet together.</p> |  <p>The diagram shows four pairs of smiley faces. Each pair consists of one yellow smiley face and one blue smiley face. The pairs are arranged in a 2x2 grid. In each pair, the yellow smiley face is positioned slightly above and to the left of the blue smiley face, representing a truck and its trailer.</p> |
| <p>Activity 5</p> <ul style="list-style-type: none">Jumping Rabbits | <p>Coach Divides groups into teams of 3. Place cones 3 metres apart. First player hops on right leg from one cone and back to the other, then next athlete goes, Repeat with left leg. Get other athletes to count in seconds how long it takes each athlete.</p> |  <p>The diagram shows two blue triangles representing cones, one on the left and one on the right. A horizontal arrow points from the left cone to the right cone. Below the right cone, a yellow smiley face is shown with a blue arrow pointing from it back to the left cone. Below the yellow smiley face, a blue smiley face is shown. This illustrates the sequence of hops: right leg from left to right, then left leg from right back to left.</p> |