

		Level 1 and Level 2	Level 3 and Level 4	Level 5 and Level 6
T E R M 3 W E E K 4	Station	<u>Ball Bounce</u> Hoop Bounce No19 - No20 - Leader Bou.	<u>Long Jump</u> Running 6 - 8 strides Arm action 'high in air' Take off leg and high knee lift Jump up and out	<u>Long Jump</u> Running 6 - 8 strides Arm action 'high in air' Take off leg and high knee lift Jump up and out
	Long Jump Run 5 - 7 steps and jump into sandpit	<u>Long Jump</u> Run 5 - 7 steps and jump into sandpit	*Use various sized balls *Use various sized balls	+ Measure and record best attempt in their Athletic Unit results sheet

SAMPLE