

Level 3 and Level 4

		3	4	5	6	7	8	9
<u>Scissors</u>		<u>Discus</u>	<u>Long Jump</u>	<u>AFEA</u>	<u>Jump Rope</u>	<u>Jump Rope</u>	<u>Jump Rope</u>	<u>Jump Rope</u>
vertical take off	- etc		Timing 6 - 8	<u>Test :</u>	<u>Warm up</u> Watch YouTube clips on Jump Rope	<u>Warm up</u> Students demonstrate skills	<u>Warm up</u> Students demonstrate skills	<u>Warm up</u> Revisit and add to concept map
visible leg drive	Put driving upwards from bent legs			Shuttle run	Discuss and complete individual concept map	<u>Skill Activities</u>	<u>Skill Activities</u>	<u>Skill Activities</u>
arm lift		Sling for height				Circuit with 6 stations –	Circuit with 6 stations –	Circuit with 6 stations –
landing on feet	Stand side on, transfer weight as driving Put upwards		Jump up out			1. Individual 2. Partner 3. Long rope 4. Individual	1. Individual 2. Partner 3. Long rope 4. Individual 5. Double Dutch 6. Routines/ equipment	1. Individual 2. Partner 3. Long rope 4. Individual 5. Double Dutch 6. Routines/ equipment
Measure and record best attempt in their Athletic Unit results sheet	Measure and record best attempt in their Athletic Unit results sheet	Measure and record best attempt in their Athletic Unit results sheet	Measure and record best attempt in their Athletic Unit results sheet	Record attempt in their AFEA results sheet	6. Routines/ equipment			Purple rope
					<u>Warm down</u> Stretch	<u>Warm</u> Stretch		

SAMPLE