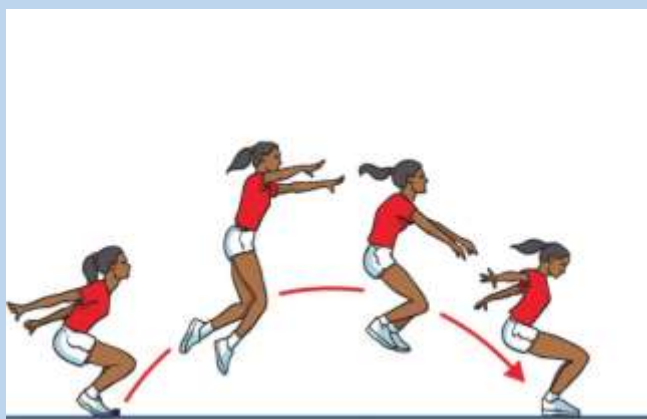




PE	Y6 – Long Jump Skills - KLP													
Skills	Knowledge	Concept & Vocabulary												
  	To perform a standing long jump using the correct take off, jump and landing position	Concept: To perform a long jump from a longer approach using the correct jumping technique and to develop the skills of performing a triple jumping action. Vocabulary <ul style="list-style-type: none">• Take-off• Landing position• Check mark• Penultimate stride• Hop / step / jump combination• Equal rhythm• Triple jump• Horizontal speed• Execution of technique												
	To perform a long jump, from a shorter approach run up, using the correct technique.													
	To perform a long jump, from a longer run, up using the correct technique.													
	To perform a standing triple jump action using the hop, step, jump approach,		Recall from Y5 Concept: To perform a standing long jump using the correct take off, jump and landing position. To execute and perform a controlled take-off, jumping action and landing - using a consistent speed in the approach, the arms as propellers, a controlled jumping action and landing position. Vocabulary <table><tr><td>Landing position</td><td>Optimum</td></tr><tr><td>Strides</td><td>Approach</td></tr><tr><td>Take-off board</td><td>Consistent speed</td></tr><tr><td>Horizontal speed</td><td>Accuracy</td></tr><tr><td>Propeller</td><td></td></tr><tr><td>Thrust</td><td></td></tr></table>	Landing position	Optimum	Strides	Approach	Take-off board	Consistent speed	Horizontal speed	Accuracy	Propeller		Thrust
Landing position	Optimum													
Strides	Approach													
Take-off board	Consistent speed													
Horizontal speed	Accuracy													
Propeller														
Thrust														
To perform a triple jump from a 3-stride approach.														
To utilise long jumping skills to compete in a mini long-jumping event														

