
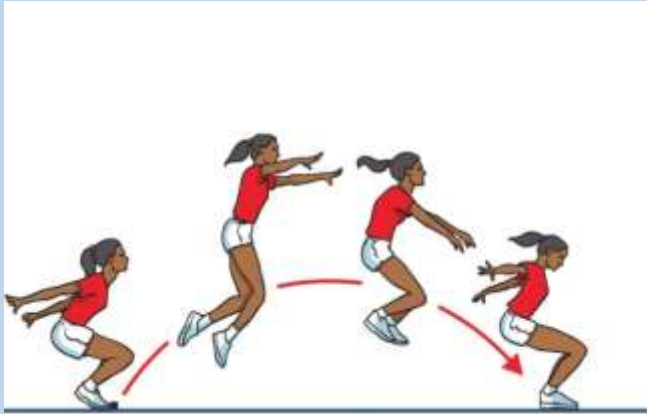




PE	Y3 – Long Jump Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
	<p>To perform a basic 2 feet to 2 feet standing jump.</p>	<p><b>Concept:</b> To able to perform a standing long jump (2 feet to 2 feet) landing in the pit.</p> <p>To perform a long jump from a longer approach using the correct action in take-off, jumping and landing positions.</p> <p><b>Vocabulary</b> Take-off      Swinging action Landing      Control Forwards      Technique Upwards      Speed</p>
	<p>To perform a long jump actions from a one-foot take off to a two feet landing position.</p>	
	<p>To perform a one-foot to two -feet jump - landing like a frog in the sandpit.</p>	<p><b>Recall from Y2</b></p> <p><b>Vocabulary:</b> Speed Direction Control</p> <p><b>Concept:</b> To run at different speeds. To demonstrate basic control in running, hopping and jumping. To know and explain how to keep themselves and others safe in different environments.</p>
	<p>To use the arms to swing forwards and upwards on take-off using the long-jump pit.</p>	
	<p>To demonstrate a long-jumping action showing correct body positioning in take off, jump and landing.</p>	
	<p>To utilise their long jumping skills to develop distance jumping aiming to your PB.</p>	

