





PE	Y5 – Long Jump Skills - KLP	
Skills	Knowledge	Concept & Vocabulary
   	To perform a standing long jump using the correct take off, jump and landing position	<b>Concept:</b> 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.  <b>Vocabulary</b> Landing position      Thrust Strides                  Optimum Take-off board        Approach Horizontal speed      Consistent speed Propeller                Accuracy
	To perform the action of a long-jump from a 3 / 5 stride approach landing like a 'frog' in the sand.	
	To execute and perform a controlled and powerful take off for a long jumping action.	
	To use the arms as a propeller during take off to maximise efficiency of jump and to increase jumping distance.	<b>Recall from Y3</b>  <b>Concept:</b> To able to perform a standing long jump (2 feet to 2 feet) landing in the pit.  To perform a long jump from a longer approach using the correct action in take-off, jumping and landing positions.  <b>Vocabulary</b> Take-off                Control Landing                Technique Forwards              Speed Upwards                Swinging action
	To explore the length of the approach in the run-up to take off - aiming for consistencies in speed and accuracy in striking board.	
	To utilise long jumping skills to compete in a mini long-jumping event	

