

# SCHEME OF WORK: JUMPING: EYFS

ACTIVITY	OUTLINE OF LESSON
1	To explore how to jump and land safely.
2	To develop how to jump vertically/high with control.
3	To learn how to jump forward with the correct technique.
4	To learn how to create different shapes whilst jumping.
5	To learn how to jump off an object with the correct landing technique.
6	To develop the correct technique when landing.
7	To develop coordination when trying to link running and jumping together.
8	To be creative when exploring jumping with others.
9	To link coordination when jumping and landing.
10	To learn how to jump in different directions.
11	To show controlled movement when jumping and landing.
12	Progress chart.

## PROGRESS CHART: JUMPING: EYFS

PUPIL'S NAME:

CLASS:

SKILL	SKILL ACHIEVED
Can the pupil jump and control in a given area?	
Can the pupil jump and land in control?	
Can the pupil jump forward?	
Can the pupil complete different shapes whilst jumping?	
Can the pupil jump off an object and land correctly?	
Can the pupil run and jump and land correctly?	
Can the pupil link 5 strides with control?	
Can the pupil copy their partner showing control?	
Can the pupil jump safely over an object?	
Can the pupil travel and jump in different directions?	
Can the pupil successfully complete all the jumps they have learnt with control?	