

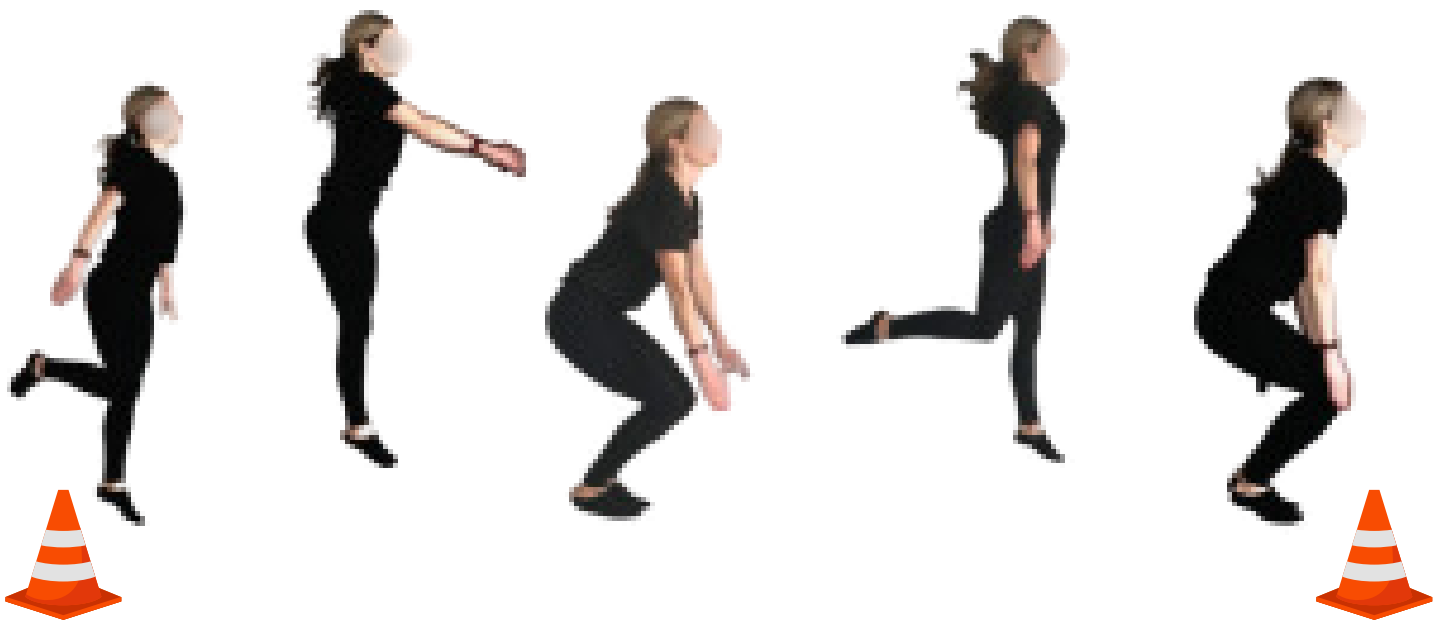
Jumping Space Stations

You will need: hula hoops, cones, gymnastic mats & spot markers

- Revise Jumps - Tuck jump & star jump
 - Discuss jumping safely (bending knees to land, chest should be up, hands do not touch the floor).
 - Set up 5 Space' jumping stations, divide students into teams with teams rotating around the stations:
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- **Station 1:** Practice 'Rocket' Jumps.
 - **Station 2:** Rocket Hoop Jumps
 - **Station 3:** Space Bunny Hops.
 - **Station 4:** Rocket jumping onto the 'planet' and then back off the 'planet'.
 - **Station 5:** Rocket' jump from the bench to the floor.

Station 1

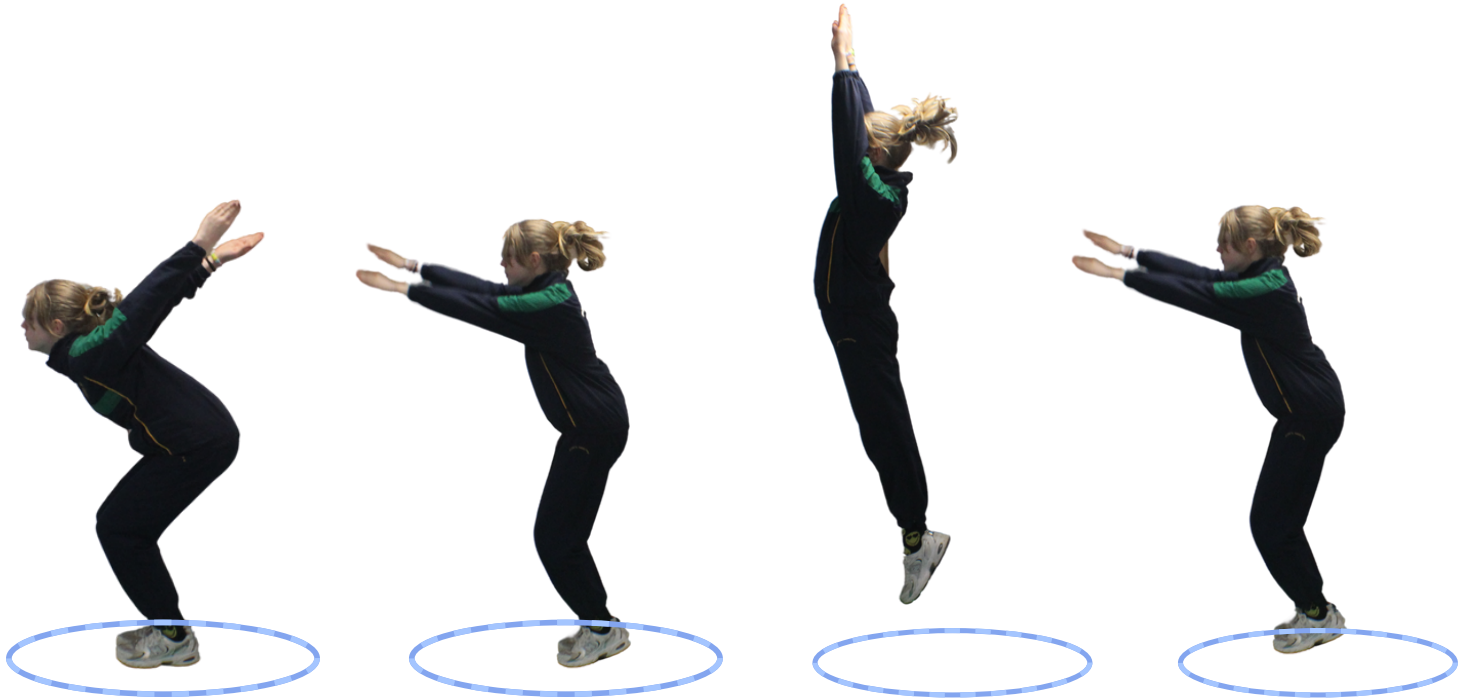
Movement: rocket jumps



- 1. Start by hopping forward, landing on one foot.**
- 2. Rebound into another hop, this time landing on two feet.**
- 3. Jump forward, landing on one foot. Repeat.**

Station 2

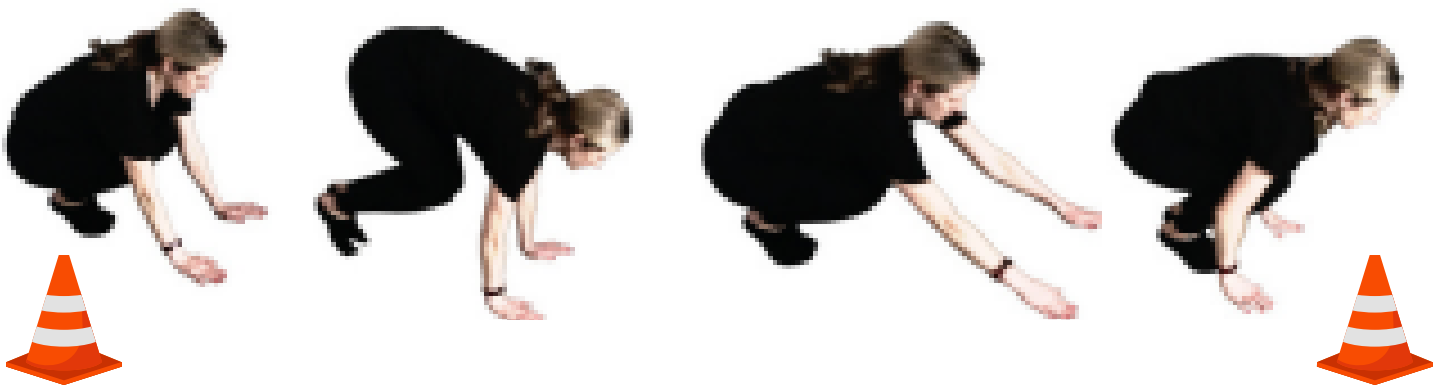
Movement: Rocket Jump - ***Rocket jump into space***



- 1. Stand inside your hula hoop rocket.**
- 2. Start in a 'Stretch Stand' position.**
- 3. Bend knees and swing arms down towards knees.**
- 4. Jump into a stretched position in the air, arms raised towards ears.**
- 5. Feet remain together and body to remain squeezed throughout like a rocket flying into space**
- 6. Land the jump by bending knees and holding arms out straight in front.**
- 7. Rise back to a 'Stretch Stand' position.**

Station 3

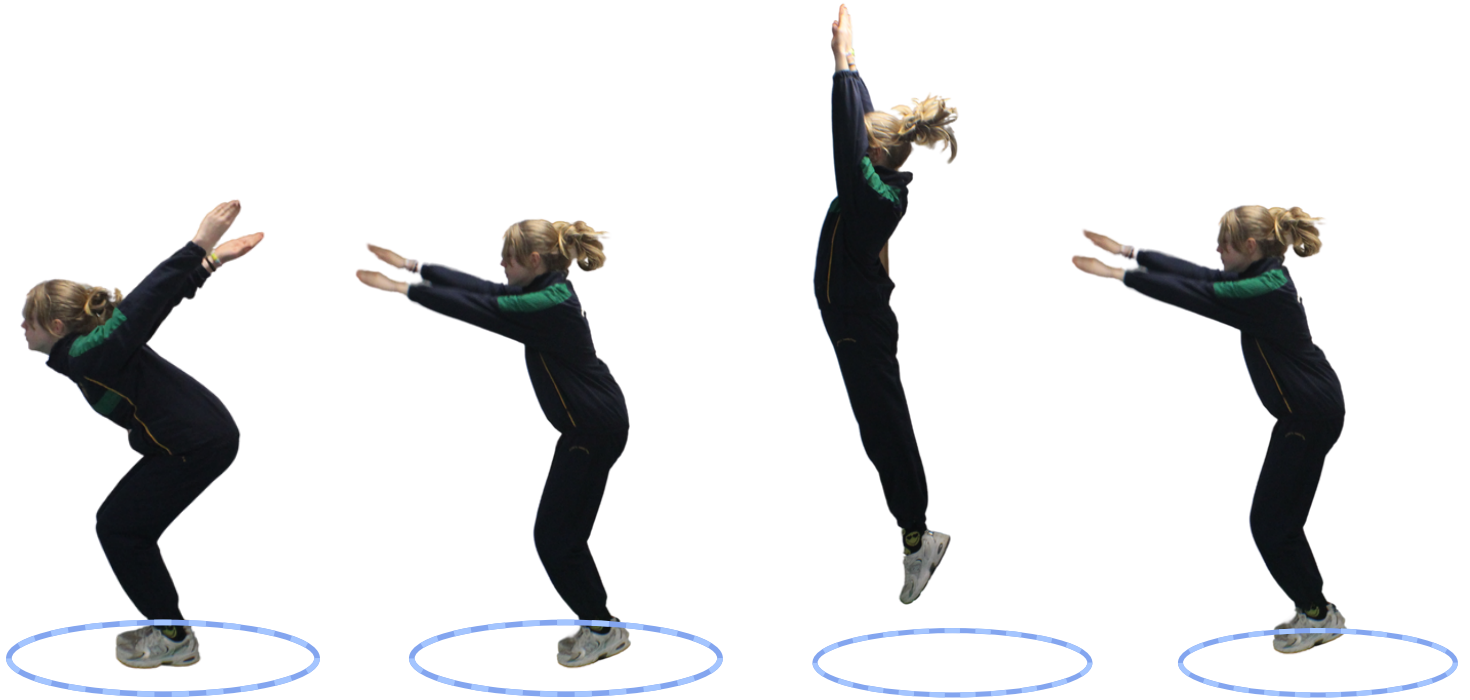
Movement: Travelling Bunny Hops- ***Space Bunny Hops***



- 1. Start in a crouched position.**
- 2. Hands should width apart and flat on the floor, facing forwards.**
- 3. Shoulders over wrists. Feet flat. Transfer weight forwards, moving hands forward.**
- 4. Feet to follow behind, jumping in towards hands.**
- 5. Land back in the crouched position. Repeat.**

Station 4

**Movement: Rocket Jump onto a planet
and out of the planet (hoop)**



- 1. Stand behind your hula hoop planet.**
- 2. Start in a 'rocket' position - hands high above your head.**
- 3. Bend knees and swing arms down towards knees.**
- 4. Jump into a rocket position in the air, arms raised towards ears.**
- 5. Feet remain together and body to remain squeezed throughout like a rocket flying into space.**
- 6. Land the jump by bending knees and holding arms out straight in front.**
- 7. Rise back to a 'Stretch Stand' position.**
- 8. Repeat jumping off your planet using your rocket jump.**

Station 4

**Movement: Star Jumps -
star jump into space**



- 1. Stand at your cone.**
- 2. Start in a Stretch Stand position.**
- 3. Lower arms and bend knees.**
- 4. Swing arms out horizontally and jump off the floor.**
- 5. Once at the top of the jump, legs and arms to stretch out straight (forming a Star Shape in the air).**
- 6. Stretch legs down towards the floor.**
- 7. Bend knees to absorb the landing, arms stretched out in front of body.**

Station 5

Movement: Rocket (pencil) jump from a bench



- 1. Start in a Stretch Stand position.**
- 2. Lower arms and bend knees. Swing arms up towards ears and jump off the floor.**
- 3. Once at the top of the jump, keep as straight as a pencil (forming a rocket Shape in the air).**
- 4. Bend knees to absorb the landing, arms stretched out in front of body.**