

KEY AREAS OF PHYSICAL DEVELOPMENT

- Balance, foot control, co-ordination, running, lateral movement.

SET UP

- Lay 6 steps out 25-40cm apart.
- A group of 6-8 students for each line of steps is ideal.
- Imagine the colour steps are snakes that cannot be stepped on.

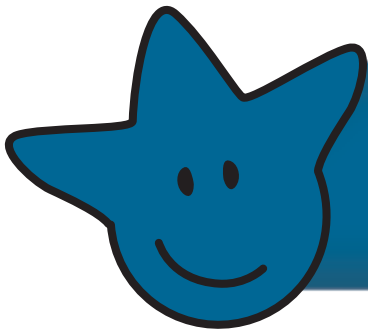
INSTRUCTIONS

- Activity 1: Run through the steps placing one foot in-between each colour. Do not stand on a snake!
 - One person running through at a time.
 - Start slowly and increase speed as rhythm and skills improve.
- Activity 2: Progress to a double foot run placing two feet in-between each step.
 - Use a 1,2,1,2 foot count to get rhythm.
- Activity 3: Start side on and run laterally through the steps and over the snakes!
 - Keep side on and do not cross the feet over.



KEY TEACHING POINTS

- Light feet are quick feet.
- Run on the balls of the feet. Heels off the ground.
- Keep arms bent at 90 degrees and move in time with legs.
- Vary the distances between steps (snakes) for variety and challenge.



KEY AREAS OF PHYSICAL DEVELOPMENT

- Balance, body control.

SET UP

- Use the steps to make up different balance patterns on the ground.
- Start with a straight line and progress to patterns with angles and spaces between the steps.

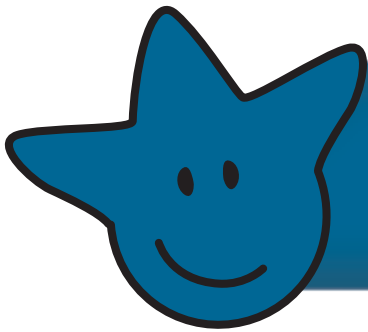
INSTRUCTIONS

- Walk along the balancing step line with a short heel to toe step technique.
- Progress to longer steps placing one foot on each colour and reaching out with longer strides.
- Further challenging progressions:
 - Lateral walk.
 - One eye closed.
 - Arms crossed.
 - Arms out front.



KEY TEACHING POINTS

- Experiment with different shapes, patterns and spacing.
- Let students use their imagination to create fun balance shapes.



RUN, JUMP'N'BALANCE STEPS

snake jump

3



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Judgement, balance, body control, jumping and landing, leg and ankle strength.

SET UP

- ▶ Lay 6 steps out 25-40cm apart.
- ▶ A group of 6-8 students for each line of steps is ideal.
- ▶ Imagine the colour steps are snakes that cannot be jumped on.

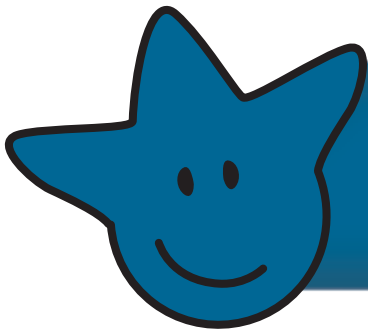
INSTRUCTIONS

- ▶ With feet together jump up and over each step (snake).
- ▶ Land in control bending at the knees.
- ▶ One person jumping through at a time.
- ▶ Progression and variations:
 - Lateral jumps
 - Single leg hops
 - Single leg lateral hops.



KEY TEACHING POINTS

- ▶ Land softly. No stamping of the feet.
- ▶ Arms to go forward and back to gain rhythm.
- ▶ As balance improves increase jumping speed.
- ▶ Vary the distance between steps to challenge body control.



RUN, JUMP'N'BALANCE STEPS

line jumps

4



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Judgement, balance, body control, jumping and landing, leg and ankle strength.

SET UP

- ▶ Lay 6 steps out in a straight line.

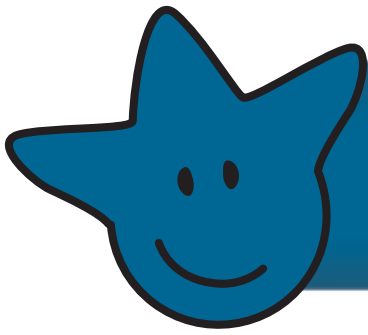
INSTRUCTIONS

- ▶ Jump in a diagonal pattern from side to side across the line moving through to the end.
- ▶ One person jumping through at a time.
- ▶ Start slowly and increase speed as body control improves.
- ▶ Further options:
 - Jump straddling the line with wide feet.
 - Start side on and jump forward and backward over the line until reaching the end.
 - Progress to single leg quick hops.



KEY TEACHING POINTS

- ▶ Maintain body control.
- ▶ Do not land on the steps.
- ▶ Light quick ground contact.



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Running, agility, direction change, balance, teamwork, speed.

SET UP

- ▶ Run, Jump'n'Balance steps can be set out in numerous shapes to create running agility patterns.
- ▶ The above image is a good example of an agility run pattern that combines running with direction change and body control.
- ▶ Line up 6-8 students 2m behind the first yellow step.

INSTRUCTIONS

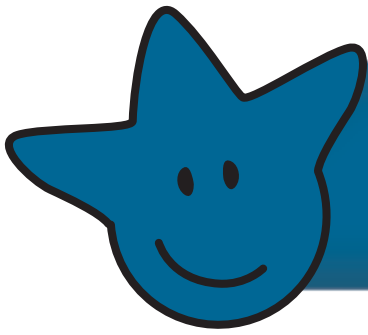
- ▶ Sprint around the steps in the following sequence: Yellow - Green - Orange - Blue - Red - Purple.
- ▶ Return following the same colour sequence swerving in and out of the steps.
- ▶ When reaching the first step students carry on running around the back of their line and tag the hand of the player next in line to signal them to "GO".

- ▶ If you have 3-4 groups in a class have relay race competitions with all students in the team sitting with folded arms once the last person has finished the race.

- ▶ Variations to challenge physical skills include:
 - Running backwards.
 - Lateral (sideways) running.
 - Quick jumps.
 - Single leg hops.
 - Wheelbarrow races.
 - Adding specific colour challenges as students are racing. e.g. Jump 5 x over the blue step on the way through the pattern.

KEY TEACHING POINTS

- ▶ No standing on the steps allowed. Students must run around the steps.
- ▶ Maximum effort.



KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Judgement, balance, body control, jumping and landing, leg and ankle strength.

SET UP

- ▶ Lay 6 steps out in a zig zag line.
- ▶ Line up 6-8 students behind the first yellow step.



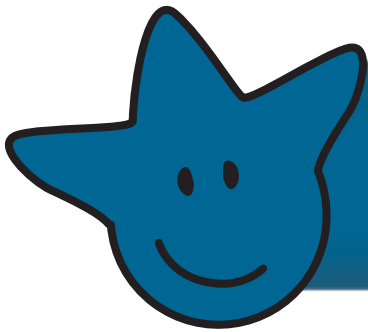
INSTRUCTIONS

- ▶ Jump forwards through the zig zag pattern following the shape:
Yellow - Green - Orange - Blue - Red - Purple.
- ▶ One person jumping through at a time.
- ▶ Start slowly and increase speed to fast hops as body control improves.
- ▶ Progress to forward and backward jumps:
Yellow forwards - Green backwards - Orange forwards - Blue backwards - Red forwards - Purple backwards.
- ▶ Further variations to challenge physical skills include:
 - Single leg quick hops.
 - Jump straddling the line with wide feet.
 - Lateral jumps.
 - Single leg forward and backward hops
 - Single leg lateral hops.

KEY TEACHING POINTS

- ▶ Maintain body control.
- ▶ Do not land on the steps.
- ▶ Light quick ground contact.





RUN, JUMP'N'BALANCE STEPS

team jumps

7

KEY AREAS OF PHYSICAL DEVELOPMENT

- ▶ Judgement, balance, body control, jumping and landing, leg and ankle strength.

SET UP

- ▶ Lay 6 steps out in a straight line.
- ▶ 3-4 students spaced evenly along the line.

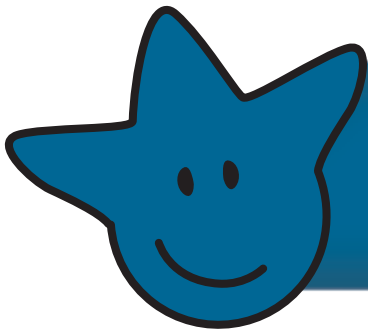


INSTRUCTIONS

- ▶ Use the line to challenge students with numerous jumping and body control exercises. Start with basic forward and back jumps and progress to more difficult movement patterns.
- ▶ Options include:
 - Forward backwards jumps.
 - Single leg quick hops forwards and backwards.
 - Lateral jumps.
 - Lateral single leg quick hops.
 - Jumping and spinning in the air always landing facing the line.
 - One eye closed to challenge judgement.
- ▶ Challenge students further by setting jumping targets and speed targets.
 - Set a target number of jumps to be completed as fast as possible, e.g. 20 jumps
 - Complete as many jumps as possible in a given timeframe, e.g. 20 seconds
- ▶ Final skill addition is to combine jumping patterns and recall ability with verbal sequence instruction, e.g. 10 x lateral jumps, 5 x spin jumps, 5 x single leg forward backward hops left foot, 5 x single leg forward backward hops right foot.

KEY TEACHING POINTS

- ▶ Do not land on the steps.
- ▶ Land softly. No stamping of the feet.
- ▶ Land on the balls of the feet. Heels off the ground.
- ▶ Maintain body control.

**KEY AREAS OF PHYSICAL DEVELOPMENT**

- ▶ Co-ordination, ankle strength, foot control, balance.

SET UP

- ▶ Give out one coloured step to each student.
- ▶ Space out the class so there is at least 1m either side of each student.
- ▶ These drills can also be completed in pairs if there are not enough steps for one per person. When working in pairs one student rests while their partner exercises.

INSTRUCTIONS

- ▶ Activity 1: Step forward placing both feet over the coloured step. Step back over the line placing both feet back into the starting space. This is a forward back run. Start slowly to get rhythm and build up to maximum effort using fast feet.
- ▶ Activity 2: Start side on and run laterally (side to side) over the line and back. Use a 1,2,3,1,2,3 count to build foot control.
- ▶ Activity 3: Place one foot only over the coloured step and step back. Start this activity with students running on the spot to gain rhythm before placing the foot over the step.
- ▶ Activity 4: Facing forward start with one foot over the line and one behind. Jump into the air and swap the feet over. Quick jumps with feet low to the ground, as fast as possible once the movement pattern is mastered.
- ▶ Once students master good balance, challenge them with speed targets.
 - Set a target number of line runs to be completed as fast as possible, e.g. 15 repetitions
 - Complete as many runs as possible in a given timeframe, e.g. 20 seconds

KEY TEACHING POINTS

- ▶ Light feet are quick feet.
- ▶ Maximum effort.