

Super Jumper Power! Learning About Plyometrics

Get ready to become a Super Jumper today! We're going to learn about special jumps called plyometrics. Think of them as super quick, powerful jumps that help make your muscles strong and fast, just like superheroes or speedy animals!

Materials Needed:

- A soft surface to jump on (like grass, carpet, or an exercise mat)
- Comfortable clothes and shoes
- Water bottle
- Optional: Cones or soft markers (like stuffed animals or pillows)

Lesson Time!

1. Warm-Up Like an Athlete (5 minutes)

Before we do our Super Jumps, we need to warm up our muscles! Warming up gets our body ready to move and helps prevent owies.

- **Jogging in Place:** Jog gently for 1 minute.
- **Arm Circles:** Make big circles forward with your arms (10 times), then backward (10 times).
- **Leg Swings:** Hold onto something stable if needed. Gently swing one leg forward and back (5 times), then switch legs.
- **High Knees:** March in place, lifting your knees up high towards your chest (15 seconds).
- **Butt Kicks:** Jog in place, trying to kick your bottom gently with your heels (15 seconds).

2. What are Plyometrics? (2 minutes)

Plyometrics are exercises where your muscles use strength quickly, like stretching a rubber band and letting it snap! Today, our plyometrics are going to be fun animal jumps. The most important things are to JUMP FAST and LAND SOFTLY like a ninja!

3. Super Jumper Activities! (15 minutes)

We'll try three different Super Jumps. Remember to always land softly on the balls of your feet and bend your knees!

- **Frog Jumps:**
 - a. Squat down low like a frog, with your hands on the floor between your feet.
 - b. EXPLODE upwards and forwards, jumping as far as you can.
 - c. Land softly back in the squat position. Ribbit!
 - d. Do 5 frog jumps, rest, then do 5 more.
- **Bunny Hops:**
 - a. Stand with your feet together.
 - b. Keeping your feet together, take small, quick hops forward, like a bunny hopping through a field.
 - c. Use your arms to help you bounce.
 - d. Hop forward about 10 feet, rest, then hop back. Do this 2 times. (Optional: Hop around cones or markers!)
- **Standing Long Jumps:**
 - a. Stand with your feet shoulder-width apart.

- b. Swing your arms back, bend your knees.
- c. Swing your arms forward forcefully and JUMP as far forward as you can.
- d. Land softly on both feet with your knees bent.
- e. Try 3 big long jumps. See if you can jump a little farther each time!

4. Cool-Down Stretches (5 minutes)

Great job, Super Jumper! Now let's cool down our amazing muscles.

- **Calf Stretch:** Stand facing a wall, step one foot back, keeping the heel down. Lean forward until you feel a stretch in your back calf. Hold for 15 seconds, switch legs.
- **Quad Stretch:** Stand tall, grab your ankle and gently pull your heel towards your bottom. Hold onto something if you need balance. Hold for 15 seconds, switch legs.
- **Hamstring Stretch:** Sit on the floor with legs straight out. Reach gently towards your toes. Hold for 15 seconds.
- **Deep Breaths:** Take 3 slow, deep breaths in and out.

5. Wrap-Up Chat (3 minutes)

What did we learn today? (Plyometrics are super quick jumps!) What were the names of the jumps we did? (Frog Jumps, Bunny Hops, Standing Long Jumps). Why is it important to warm up? (To get our bodies ready and prevent getting hurt). Why do we need to land softly? (To protect our knees and joints). You did fantastic today!