

LESSON PLAN 30: MOST INNOVATIVE USE OF AN INTERACTIVE WHITEBOARD

Objective: Analyse and improve long jump technique.
Age range: 10-14

Congratulations to Tauranga Intermediate School's Naomi Renata who won our competition to write a lesson plan showing the 'best, most innovative use of an interactive whiteboard (IWB)' – more on page 40. Here's her winning entry, which uses an IWB in a PE lesson to investigate, analyse and improve long jump technique.

YOU WILL NEED

Interactive whiteboard, computer and Internet access, long jump pit

DEVELOPING SKILLS

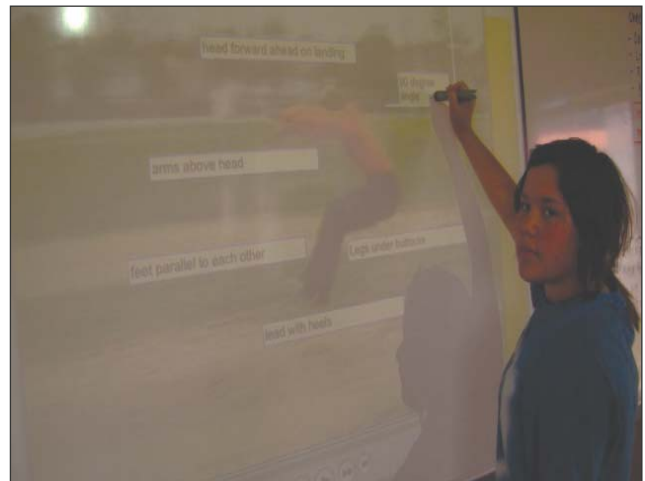
Computer and Internet use, video analysis, biomechanics, communication, problem-solving.

LEARNING OUTCOMES

Accessing and interpreting coaching instructions, analysing these, and using them to improve long jump technique.

METHOD

1. Discuss the 'long jump' athletics event – the objectives, history, training, technique, skills required, etc. Brainstorm and record these ideas on the interactive whiteboard.
2. Then go online and access information on long jumping at www.specialolympics.org/athletics.aspx – click 'Teaching Athletics Events Skills' and then 'Teaching Long Jump'. Read through and discuss with the class the coaching instructions, focusing on three specific areas: 'approach', 'take off' and 'in flight'.
3. Under 'The Take Off' section, watch the video on the big screen in class (Long Jump.mpg). Talk about the action taking place and pause to see each of the three main steps.
4. Focusing on the 'In Flight – Hang Style' section, discuss the six tips listed on the website and re-run the video. This time, ask the students to pause and 'mark up' the different parts of the technique, so they match the tips. Discuss what's happening.



5. Get your class to physically practice these actions, referring back to the video on the screen, and the errors/corrections on the website.
6. Go out to the long jump pit and put the new techniques into action. Get feedback throughout from the students.
7. Assess the effectiveness and outcomes of the coaching tips.



FOLLOW UP ACTIVITIES

1. Record students long jumping, and then get them to analyse video footage of their own jumps in relation to the six tips.
2. Search online video resources for other examples of long jumping.
3. Write and record (and possibly post online) a coaching video on how to achieve correct long jump technique.
4. Repeat the process with other athletics events and sporting skills.