2000471

High Jump

Lesson Plan

Jumping long or jumping high, which track and field event can lift you up? Let's try the high jump!
In this lesson, your pupils will explore how patterns of motion can be observed and measured as they make a Minifigure perform a high jump.

30–45 Minutes | Beginner | Key Stage 2

Engage (Whole Class, 5 Minutes)
- Facilitate a quick discussion about high jumps.
- Ask questions to start your pupils thinking. Here are some suggestions:
  - What is a high jump?
  - How does an athlete use their body to jump higher? *(By increasing their momentum and speed, and using a strong push to help them launch off the ground.)*
- Transition your pupils to the building challenge.

Explore (Individual Work, 20 Minutes)
- Have your pupils work independently to build a model of a high jump in which a Minifigure jumps over a high bar.
- The Student Worksheet explains the building steps. There are no specific building instructions.
- Your pupils can refer to the pictures on the Student Worksheet for inspiration, or rely on their imaginations.

Explain (Whole Class, 10 Minutes)
- Prompt your pupils to explain how they've made their Minifigures jump higher.
- Ask questions like this one:
  - What have you noticed about the relationship between the strength of the push and the height of the jump? *(The harder the launcher was pushed, the higher the Minifigure jumped.)*

Elaborate (Individual Work, 10 Minutes)
- Have your pupils record a sports broadcast using scientific language to explain the Minifigure's motion and agility.

Evaluate (Individual Work)
- Ask each pupil to give an example of a pattern of motion they've observed in their model.

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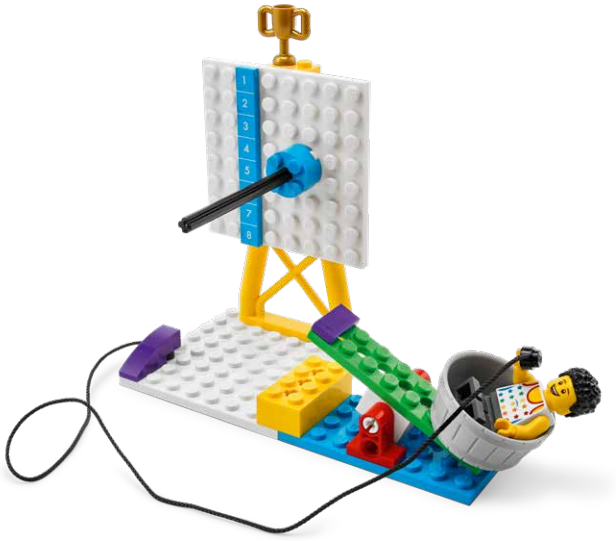
Student Worksheet



Let's try the high jump!

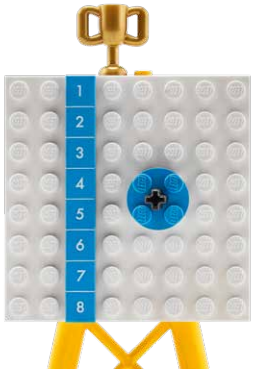
Build a model of a high jump.

You'll need:

- [ ] A Minifigure launcher
  Safety Tip: Attach the Minifigure to the string.

- [ ] A high jump bar

- [ ] A numbered tile for measuring the height of the bar



- [ ] Use the pictures for inspiration, or use your imagination.
- [ ] Explain a pattern of motion that you've observed in your model.

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