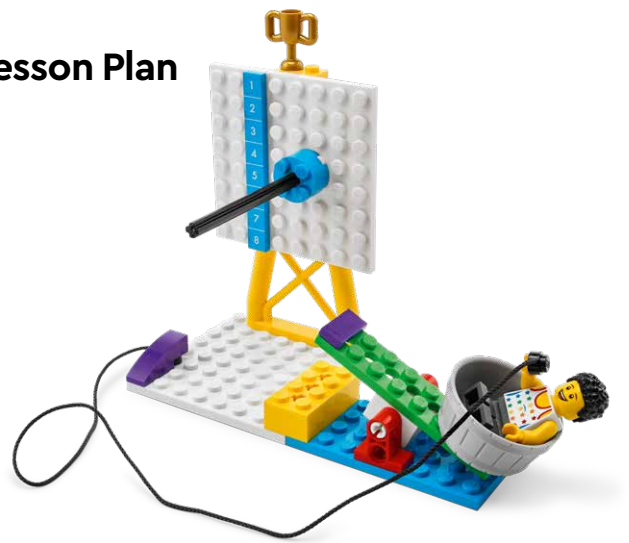


2000471

High Jump

Lesson Plan



🕒 30–45 Minutes

📦 Beginner

🎓 Grades 3–5

Engage (Whole Class, 5 Minutes)

- Facilitate a quick discussion about high jumps.
- Ask questions to get your students thinking. Here are some suggestions:
 - What's a high jump?
 - How does an athlete use their body to jump higher? (*Increasing momentum and speed, and making a strong push will help them launch off the ground.*)
- Transition your students to the building challenge.

Explore (Individual Work, 20 Minutes)

- Have your students work independently to build a model of a high jump where a Minifigure jumps over a high bar.
- The Student Worksheet explains the building steps. There aren't any specific building instructions.
- Your students can refer to the pictures on the Student Worksheet for inspiration, or rely on their imaginations.

Explain (Whole Class, 10 Minutes)

- Prompt your students 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 students to record a sports broadcast using scientific language to explain the Minifigure's motion and agility.

Evaluate (Individual Work)

- Ask each student to give an example of a pattern of motion they've observed on their model.

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High Jump

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 to measure the height of the bar
- Use the pictures for inspiration, or use your imagination.
- Explain a pattern of motion you've observed in your model.

