

تم تحميل هذا الملف من موقع المناهج الإماراتية



almanahj.com

موقع
المناهج الإماراتية

*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

* للحصول على أوراق عمل لجميع مواد الصف الرابع اضغط هنا [4/ae/com.almanahj//:https](https://almanahj.com/ae/4)

* للحصول على جميع أوراق الصف الرابع في مادة تربية بدنية ولجميع الفصول, اضغط هنا [4sports/ae/com.almanahj//:https](https://almanahj.com/ae/4sports)

* للحصول على أوراق عمل لجميع مواد الصف الرابع في مادة تربية بدنية الخاصة بـ الفصل الثاني اضغط هنا

<https://almanahj.com/ae/4sports2>

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الرابع اضغط هنا [grade4/ae/com.almanahj//:https](https://almanahj.com/ae/grade4)

للتحدث إلى بوت المناهج على تلغرام: اضغط هنا [bot_almanahj/me.t//:https](https://t.me/bot_almanahj)

UNIT



Jump and land

Activity



Look at the pictures and fill in the gaps.

jumping

landing



JUMPING

Bend down. Then, push up with your legs. Your feet leave the floor.

LANDING

Your feet touch the ground after you jump.



Activity



How do you jump high? Colour in the correct



Bend your hips and knees.



Do not bend your hips and knees.



Swing your arms back.



Do not swing your arms.



Make your body long.



Lift your arms up.

Into, over, onto and off



Activity

3



Read the words. Fill in the gaps.

into

over

onto



The boy jumps over the hurdle.



The girl jumps in to the hoop.



The boy jumps off the bench.



The girl jumps on to the bench.

Jump and land with different body shapes



Activity



Jump with body shapes. Answer the questions below.

1. What body shape do you like to make when you jump?

Jump like rabbit

2. How do you feel when you jump and make this body shape?

happy

3. What body parts do you use?

arms - legs - knees

4. Jump and make your favourite body shape. Draw picture.





Jump and turn

You can jump and turn your body. You can jump and turn your body half way round. You can jump and turn your body all the way round.

Activity 5

Look at pictures. Write half turn or full turn under each picture.



full turn





half turn

Activity



Jump with a half turn. How do you feel? Circle a face.



Jumping routines

You can use travelling movements and jumping to make routines. Routines are when you put different skills together.

Activity



Draw your jumping routine below.

1



make a jumping routine



jump with a share



jump over
a rope



Jump with a skipping rope

Activity



Look at the girl. She thinks it is difficult to skip with a skipping rope. Write two top tips to help her skip.

To there's a rope
turn the rope from back to

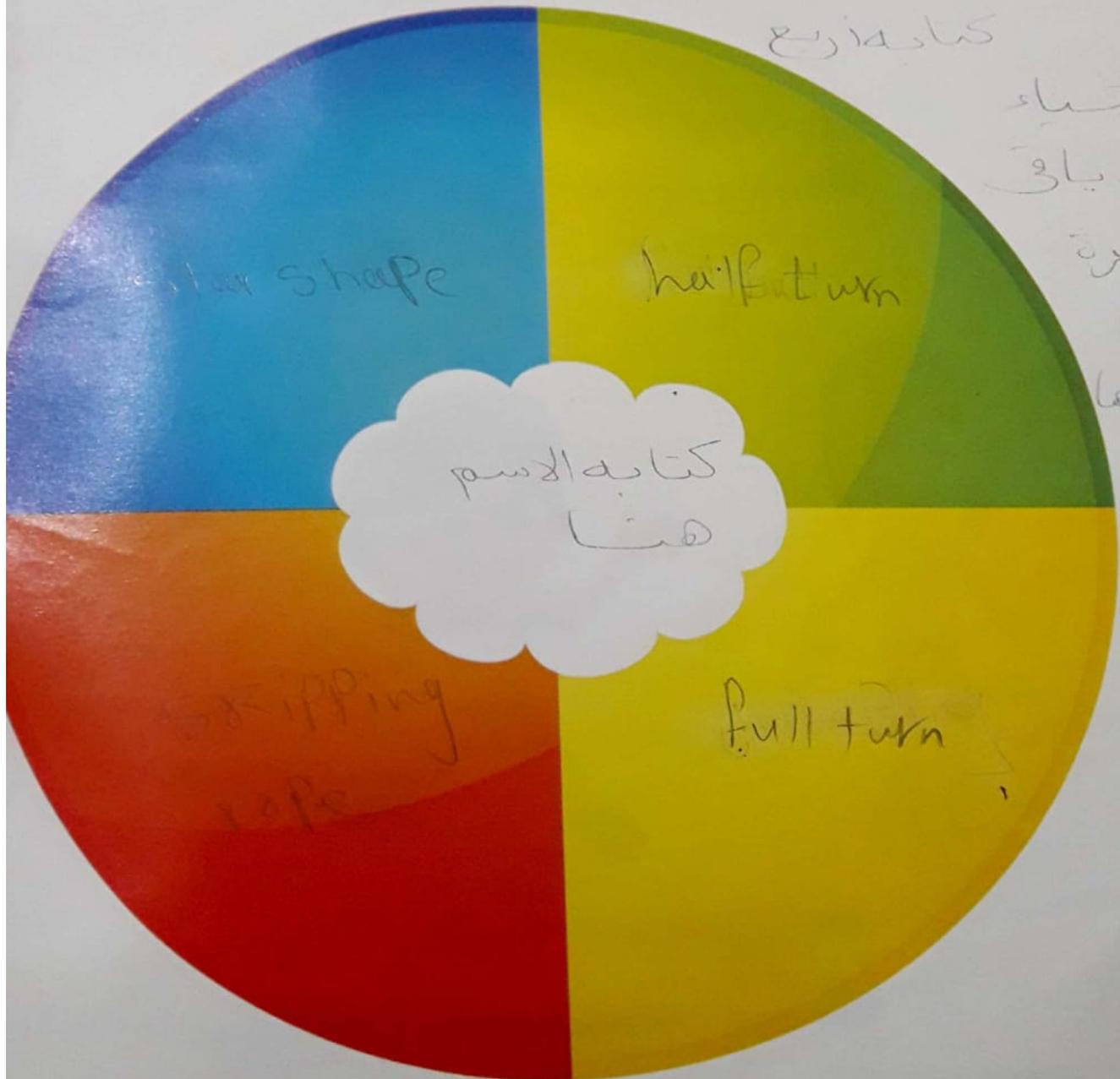
she has to look at the
rope and jump in right time

Respect

Activity



are all good at different things. What are you good at? Write your name in the middle. Write four things you are good at in the circle.

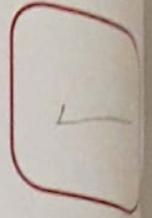


كتابة اسام
اشياء
في ياق
الدائرة
انت
جيد فيها

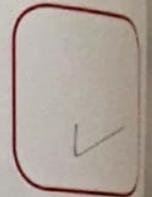




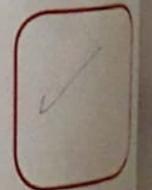
can jump up.



I can jump far.



I can jump into, over, off and onto different things.



I can jump and land with different shapes.



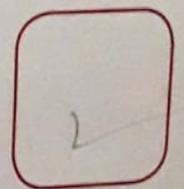
I can jump and turn.



I can make a jumping routine.



I can jump over a rope.



I can be kind to myself and my friends.

