

يمكنك الحصول على جميع الملفات من أوراق عمل وامتحانات ومذكرات وملخصات لجميع الصفوف وجميع المواد الخاصة بالمنهاج الإماراتي من خلال الرابط التالي

<https://www.almanahj.com>

كما يمكنك الحصول على جميع الملفات لجميع الفصول عبر تحميل تطبيق المناهج من خلال الرابط التالي:

<https://play.google.com/store/apps/details?id=com.almanahj.UAEapplication>

يمكنك الحصول على جميع الروابط الخاصة بمجموعات المناهج الإماراتية على مواقع التواصل الاجتماعي واتساب وفيسبوك وتلغرام من خلال الدخول على الرابط التالي:

<http://t.me/almanahj>



**Activity**



How do you jump high? Colour in the correct

Bend your hips and knees.

Do not bend your hips and k

Swing your arms back.

Do not swing your arms.

Make your body long.

Lift your arms up.

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hen,  
our

شعرت بها بعد مسامحتك له؟  
أذكر مواقف كنت بالظن والتسامح لصديق أساء إليك مع ذكر المشاعر  
صحيح ؟

Unit 4

PHYSICAL and HEALTH

Jumping and Landing

Into, over, onto and off



Activity

3



Read the words. Fill in the gaps.

into

over

onto

off

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The boy jumps over the hurdle.



**I can**

n jump up.



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ump far.



p into, over, off and  
erent things.



## Activity

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



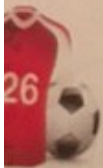
## Activity

We are good at things

1 she has to make her legs' stars

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2 she has to look in front





# Respect

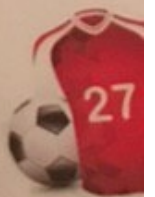
## Activity



We 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.



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## 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.



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1

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

2

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



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







The girl jumps in to the hoop.

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The boy jumps off the bench.



The girl jumps on to the bench.

وقفت قمت بالعفو والتسامح لصديق أساء إليك مع ذكر المشاعر  
سمرت بها بعد مسامحتك له

Unit 4

PHYSICAL  
and HEALTH

Jumping and Landing

## 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



jump with a space

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jump over  
a rope

d with



الاجايه



g routine.



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e.



f and





مسامحتك له  
والشامح لصديق أساء إليك مع ذكر المشاعر الإيجابية التي

Unit 4

PHYSICAL  
and HEALTH

Jumping and Landing

## Jump and land



### Activity



Look at the pictures and fill in the gaps.

jumping

landing

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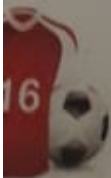


Jumping

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

Landing

Your feet touch the ground after you jump.



اسمك له؟  
اسمع لصديق اسماء البلد مع ذكر المشا

## Jumping routines

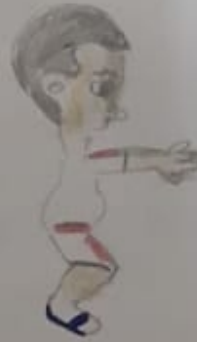
You can use travelling movements and jumping to make routines. Routines are when you put different skills together.

### Activity

Draw your jumping routine below.

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1



make a jumping routine

### 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

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



full turn



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half turn

Activity

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

