**〔目標〕**

|  |  |  |
| --- | --- | --- |
| **目標レベル１** | **目標レベル２** | **目標レベル３** |
| **ま　た** | **へ　そ** | **む　ね** |
| **ｃｍ** | **ｃｍ** | **ｃｍ** |

**〔記録〕**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **初　日** | **中　間** | **最 終 日** |
| **高さ(cm)** |  **cm** |  **cm** |  **cm** |

**（１時間目　　３月　　日）**

**めあて【自分の最初の記録を知ろう】**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **高さ(cm)** | **５０** | **５５** | **６０** | **６５** | **７０** | **７５** | **８０** | **８５** | **９０** | **９５** | **100** | **105** |
| **○・×** |  |  |  |  |  |  |  |  |  |  |  |  |

**授業の振り返り（がんばったこと・これからがんばりたいこと）**

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**（２時間目　　３月　　日）**

**めあて【より高くとぶ方法を研究しよう】**

|  |  |  |  |
| --- | --- | --- | --- |
| **助　走** | **ふりあげ足** | **角　度** | **足のうら** |
| **短く？長く？何歩？** | **両足？右足？左足？** | **垂直？平行？** | **下？前？** |

**授業の振り返り（がんばったことや気付いたことなど）**

**（３時間目　　３月　　日）**

**めあて【友達にアドバイスしよう】**

**友だちの目標**

**授業の振り返り（がんばったことや意識したことなど）**

**（５時間目　　３月　　日）**

**≪走り高跳び大会≫**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **65** | **70** | **75** | **80** | **85** | **90** | **95** | **100** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**（５時間目　　３月　　日）**

**≪走り高跳び大会≫**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **65** | **70** | **75** | **80** | **85** | **90** | **95** | **100** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**（５時間目　　３月　　日）**

**≪走り高跳び大会≫**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **65** | **70** | **75** | **80** | **85** | **90** | **95** | **100** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |