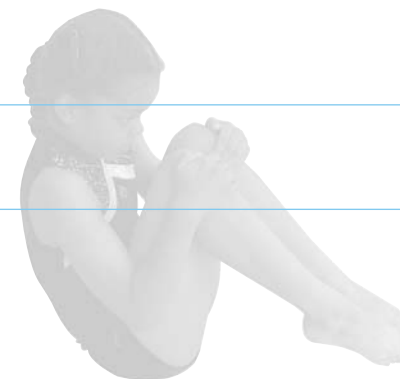


Jumping from Feet



- Jumps must be performed with good body tension.
- To maintain balance during a jump pupils should hold their head up.
- On take off pupils should push from their hips, knees and ankles and swing their arms upwards.
- On landing pupils should land in the puck (frog hop) position.
- Jumps can be performed singly or joined together to make a jumping pattern as in hopscotch.
- Jumps can be performed on the floor, or from apparatus to the floor or from the floor to apparatus or from apparatus to apparatus.
- Pupils should be encouraged to try jumping forwards, backwards, sideways both to the left and to the right and diagonally.

2 feet to 2 feet

- This jump is usually used to gain height and is the most stable jump.
- Pupils should be encouraged to vary the shapes they make whilst in the air. Pupils could make any of the foundation shapes.
- Pupils can also create their own variations using asymmetric shapes.

2 feet to 1 foot

- This is a very difficult jump. The landing is very difficult to control.
- This jump is used as a rebound jump.

1 foot to 2 feet

- This is the type of jump used in the long jump.
- This jump is sometimes called the hurdle step and is used in vaulting, with one foot before the springboard and two feet on the springboard.

1 foot to the other foot

- This jump is often called a leap.
- Take 2 or 3 running steps forward and then take off 1 foot.
- Showing a forward straddle (split) position in the air.
- Land on the foot that led into the straddle.

1 foot to the other foot

- Bending the front leg under the body can vary this split leap, this is called a stag leap.
- A scissors jump is also an example of a '1 foot to the other foot jump'.
- This is also called a hitch kick.
- Pupils should step forwards onto one foot.
- Kick the other foot into the air.
- Legs pass one another in the air so that as the second leg moves upwards the first leg comes down and is used to land on.

1 foot to the same foot

- A hop is an example of this type of jump.
- Pupils can vary a hop by changing the position of free leg, lifting it bent or straight. Taking it in front, or to the side or behind.
- Pupils can also vary their arm positions.



Turning Jumps

Turning Jumps

- Turning jumps can be used to change the direction.
- Initially it may help pupils to turn towards the specific walls in the working space.
- It is even more important that pupils adopt good body tension in a turning jump.
- The turning action is created using the arms and head.
- Encourage pupils to start with quarter or half turns from 2 feet to 2 feet.

Turning Jump 2 feet to 2 feet

- Pupils start standing straight.
- Pupils move through puck position and jump up high.
- At the same time the arms move up strongly.
- The head turns in the direction the pupil wants to turn.
- Performing a half turn to the right the pupils would turn their head to look over right shoulder.
- The left arm reaches across in front of the head with arms close together and above the head.
- The arms move downwards to stop the turn.
- Land in a puck (frog hop) position.

Turning Jump 1 foot to 2 feet

- Step forward onto one foot.
- Swing the other leg forwards and upwards.
- Turn away from the swinging leg.
- Turn head to face direction of the intended turn.
- Use arms to initiate turn.
- Once the turn has been completed in the air, move arms downwards.
- Land on 2 feet in puck (frog hop) position.

Turning Leap 1 foot to the other foot

- Take a few steps into the leap.
- Take off one-foot.
- Swing the other leg forwards and upwards.
- Pupils should turn away from the swinging leg.
- Turn head to face direction of the intended turn.
- Use arms to initiate turn.
- Once the turn has been completed in the air, move arms downwards.
- Land on the swinging leg.

Turning Hop 1 foot to the same foot

- Stand straight.
- Take weight on one-foot.
- Swing free leg forwards and upwards.
- Pupils should turn away from the swinging leg.
- Turn head to face direction of the intended turn.
- Use arms to initiate turn.
- The body moves above the take off and landing leg.
- Once the turn has been completed in the air, move arms downwards.
- Land on take off leg.