

PESS approach to Teaching Dance - Key Stage 2

Jumping

What is Jumping?

Jumping occurs when the body experiences a moment of flight and has no contact with the floor or with any other surface.



Teaching points

- Jumps must be performed with good body control
- On take off push from your hips, knees and ankles. Usually you swing your arms upwards to help you gain more height. However, in some dance jumps this is not necessarily the case
- On landing pupils should bend your knees
- 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 a partner (dismount from a contact or balance position) or prop for example, a chair
- There are five basic jumps: two feet to two feet, two feet to one foot, one foot to two feet, one foot to the same one and one foot to the other
- For more detailed information on Jumping please see PESS Approach to Teaching Gymnastics Module 2
- Jumping can be combined with other basic actions, e.g. travelling by jumping, turning jumps, gesture whilst jumping
- Develop variety in your jumping actions by either changing the direction you jump in, the height at which you jump, the level at which you land, the shape you make in the air
- Select a jumping action that helps you to communicate your ideas clearly or convey meaning to your audience. For example in a 'Birthday Party' phrase you may choose bouncing and leaping actions and in a 'Volcano' phrase you may choose exploding and soaring actions. Use the Making Dances Planning Tool to help you find and select appropriate words associated with your dance idea

