

# Jumping and Landing

## Success =

- Good take-off and height
- Balance and control on landing
- Soft landings

## Yellow Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet forwards, backwards and side to side.

## Green Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet with a quarter turn in both directions.
2. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).

## Red Challenge

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet with 180° turn in either direction.
2. I can complete a tucked jump.
3. I can complete a tucked jump with 180° turn in either direction.

## Blue Challenge

Maintaining balance and landing on a line:

1. I can jump from 2 feet to 2 feet forwards, backwards and side-to-side.
2. I can hop forward and backwards, freezing on landing.
3. I can jump from 1 foot to the other forwards and backwards, freezing on landing.
4. I can hop sideways, raising my knee and freezing on landing.
5. I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.

## Pink Challenge

On a line then low beam, maintaining balance:

1. I can jump from 2 feet to 2 feet with a 180° turn in the middle (in both directions).
2. I can jump from 2 feet to 2 feet with a tuck and a 180° turn (in both directions).
3. I can stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (on both sides).

## Black Challenge

On a line then low beam, maintaining balance:

1. I can jump from a vertical stance forwards into a lunge position while holding a medicine ball off centre (on both sides).
2. I can jump from a vertical stance backwards into a lunge position while holding a medicine ball off centre (on both sides).
3. I can jump from 2 feet to 2 feet with a 360° turn (in both directions).

### Physical Challenge

Select at least 4 different jumps you can manage on a line to produce a repeatable sequence and then, with a partner, take turns to perform your sequence.

Use the ideas below to make the activity more or less challenging depending on how you're finding it:



If you want to further challenge yourself, try introducing height or even rotation into your jumps.