

Jumping and Landing

5 Jump Combinations

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).

Come up with different ways to combine 5 different types of jumps (e.g. 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 1 foot, 2 feet to lunge, tucked jump). Once you have done this, identify which order helps you to achieve the greatest distance. Analyse the quality of your performance as you work.



Shorter jumps
Repeat same jumps

Longer jumps
Use different jumps

If you want to further challenge yourself, try any combination of 5 jumps to see which helps you achieve the greatest distance. You can use the same jump more than once.