Fundamental Skill – Jumping for Height

Skill Criteria	Why are they important?
1. Ankles, knees and hips bend.	By flexing the ankles, knees, and hips, more muscles are involved to push backward and downward, thereby creating more force when extending.
2. Head up, trunk upright	Trunk remains upright so that most of the force will be exerted downward.
3. Arms swing behind the body.	Arms are very important to assist wit propulsion. Starting with the arms behind the body ensures that greatest available range of movement and therefore greater momentum is generated to the whole body.
4. Legs forcefully extend.	The force is exerted downward so that the body is projected upward.
5. Arms swing forward and up in time with leg action.	The arms help to lift the body into the air. At the peak of the jump, one hand may extend upward, while the other comes down.
6. Ankles, knees and hips bend on landing.	Flexion absorbs the landing force and dissipates momentum thereby preventing jarring and reducing stress on bones and joints.

Skill development

Springing warm up - Hoppo Bumpo

Find a partner. Hold your right foot with your right hand behind, and then hold your right elbow with your left hand, behind your back. Face your partner. Try to bump your partner to make him or her lose balance. Play, the best out of three. Try the other foot.

Jumping for Height activities

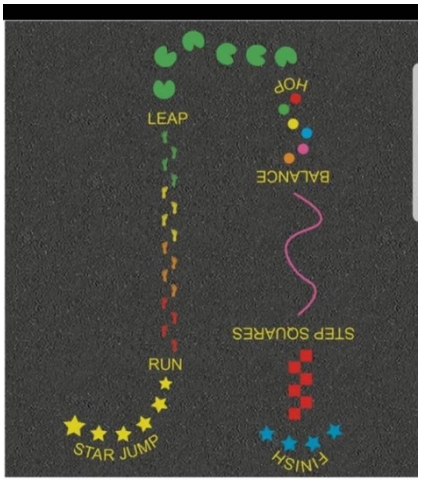
Jumping exploration – Try to jump…
As high as you can with your head up
As high as you can with your head down
From a crouched position
Without bending your legs
Land on the same spot / a spot 1 metre away
Without bending your legs
Without moving your arms

Which ones were easier?
What makes you go high?

Create your own jumping pathway

Watch the link on jumping games to get some ideas and create your very own jumping pathway.

https://www.youtube.com/watch?v=ayRR_NYuVhY



Sensory Path