

Skill components

(Introductory components marked in **bold**)

1. **Eyes focused forward throughout the leap.**
2. **Knee of take-off leg bends.**
3. Legs straighten during flight.
4. Arms held in opposition to the legs.
5. **Upper body leans slightly forward.**
6. Lands on ball of the foot and bends knee to absorb landing.

Teaching cues

- Look straight ahead.
- Bend knee to take off.
- Knee to your chest.
- Scissor legs.
- Stretch your arms out.
- Lean into the leap.
- Land softly on the front (ball) of your foot.

Common errors

- Taking off and landing on the same foot (hops).
- Legs remain bent during flight.
- Short flight phase or no period where both feet are off the ground.
- Landing flat-footed or heel first.

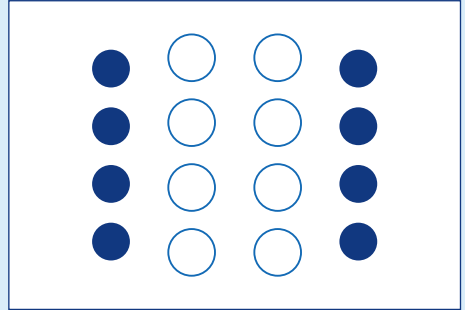


Game: Jump the river



Set-up

- For each group, place two hoops or skipping ropes between two markers.
- Place hoops far enough apart for students to leap.
- Aim for small group sizes such as four students per group.



Equipment

- Hoops or skipping ropes
- Cones or markers

How to play

1. Students stand in teams with even numbers lined up on each marker, like a relay.
2. On the teacher's signal, students run and step into the first hoop and try to leap to the next hoop.
3. Students continue to the next line and tag their teammate who runs back also trying to leap.
4. Continue as a relay race until all students have completed all of the leaps.

Variations

Make it easier

- Start the students closer to the hoops.
- Move the hoops closer together.

Make it harder

- Make the run longer.
- Move the hoops further apart.
- Add more hoops for multiple leaps.