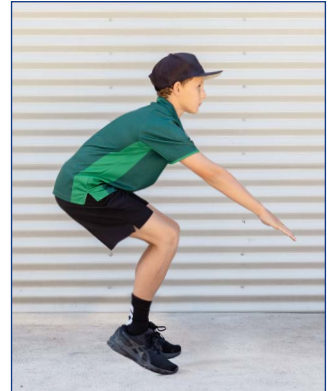


# Vertical jump



## Skill components

(Introductory components marked in **bold**)

1. **Eyes focused forward or upward throughout the jump.**
2. **Crouches with knees bent and arms behind the body.**
3. Forceful forward and upward swing of the arms.
4. Legs straighten in the air.
5. Lands on balls of the feet and bends knees to absorb landing.
6. Controlled landing with no more than one step in any direction.

## Teaching cues

- Land like you are riding a motorbike – arms forward, ankles, knees and hips bent, feet apart.
- Land softly (bent ankles, knees and hips).
- Look straight ahead.
- Start with your arms stretched behind you.
- Swing and spring.
- Reach for a star and bring it down again.

## Common errors

- Arms and legs not in time.
- Taking off on one foot.
- Not using arms at all.
- Looking at ground.
- Not bending the ankles, knees and hips on landing.

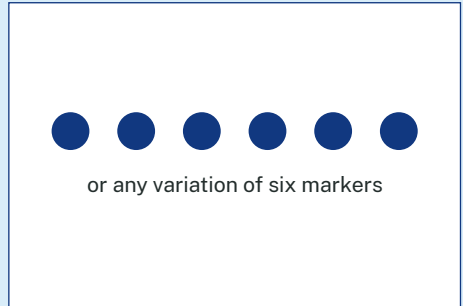


# Game: Marker jump



## Set-up

- Students work in pairs with six markers.



## Equipment

- Cones or markers

## How to play

1. Students take turns to arrange a jumping path for their partner.
2. Students set up their markers so their partner jumps in different directions.
3. After each turn the students swap roles.

## Variations

### Make it easier

- Focus only on jumping in a straight line.
- Have students place the cones closer together and the same distance apart.

### Make it harder

- Introduce different directions for jumping and have the students move the cones farther apart.
- Give a consequence if the student loses their balance when landing, such as three star jumps.