



Skill Card 3

Teach kids to Jump

The vertical jump is a skill that involves being able to jump as high as possible. It is the basis for jumps used in gymnastics, some forms of dance and a range of sports. It is similar to the standing broad jump.

What to look for:

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





GAMES CARD 3

Fun Jumping Games

Different Jumps (↑↑) – Make up jump sequences that last 30 secs (1 to 2 feet, crouch start, forwards, backwards, sideways)

Rope Jumping (↑↗) – try variations such as forwards and backwards, double jumps, short and long ropes. Variation – try jumping a long rope holding plastic cups filled to the brim with water. Person with the most water left in their cup wins.

Elastics (↑↗•) – You'll need a piece of elastic about 2 metres long. Use chair legs to hold elastic in place. Make up your own jumping routines. Songs or rhymes increase the fun. Here's one to get you started; 'England, Ireland, Scotland. Wales. Inside, Outside, Puppy Dog Tails!' Start at ankle height and work your way up.

Shape Jumping (↑↑) – jump from a low platform to make a shape in the air (wide, curled, thin, twisted). Land motorbike style in a hoop

Make your Mark (↑↗) – hold a piece of chalk, jump from the ground and leave a chalk mark on the wall as high as you can.

Forbidden Fruit (↑↗•) – Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go.

Sack Races (↗) – use old pillow cases or tie legs together

Leapfrog (↗) – Start by having the person being jumped over kneeling in a tucked position. Work up to bent over with hands on knees.

KEY: ↑ = can be played by one person, ↗ = needs more than 1 player, ↗ = some equipment needed, • = organisation required, ↑ = can be played inside