

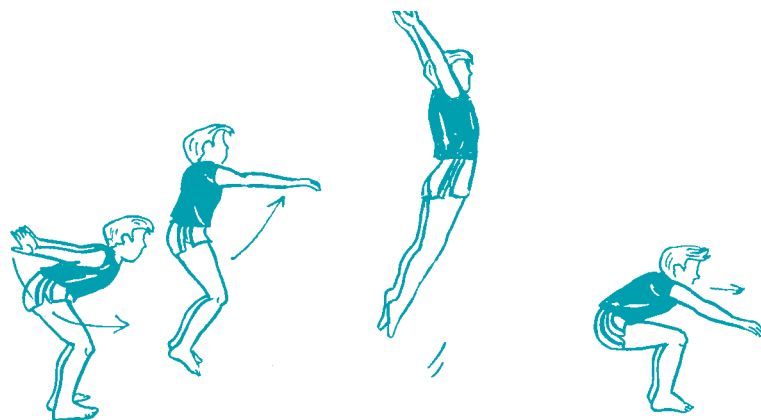
JUMPING

TAKE OFF

- Good arm swing aids jumps.
- Arm swing comes from behind the line of the body.
- Thrust is created by simultaneous straightening of the hip, knee and ankle joints with a forward swing of the arms.
- Head up, shoulders relaxed, full extension shown at start and finish.

LANDING

- Feet slightly ahead of the body to establish a secure landing.
- Land on the balls of the feet, lowering the heels with a slight bend of the knees.
- The bottom is above the heels and the back is straight.
- Jumping practices should begin on the spot first, followed by a couple of steps into a jump and finally after a run into a jump.
- Mats should be provided to absorb the shock of the landing.



DIFFICULTIES WITH JUMPING

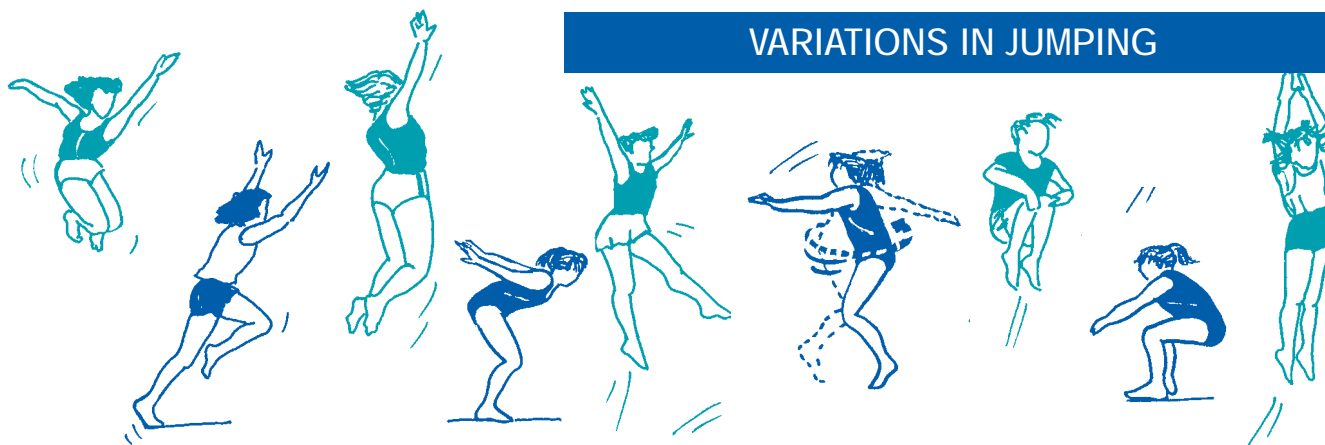


Unstable landing . . . can be caused by rigid joints (hips, knees, ankles) or deep knee bend which results in heels lifting up or by feet not being placed ahead of body.



Poor height . . . due to lack of arm swing or poor push from feet.

VARIATIONS IN JUMPING



Different take-offs, one foot to two feet, etc.

Different shapes . . . stretch jump, upward jump with full extension, wide jump, star jump.

Turning jumps . . . half turns, full turns.