

JUMPING FOR HEIGHT



Léim

Introduction

Jumping is the transfer of weight from one or two feet to two feet. Jumping for height involves jumping as high as possible from a standing position. To jump as high as possible it is important that the legs and arms work together. Jumping for height is important in a range of contexts, such as gymnastics, dance, jumping for a ball in volleyball, basketball and Gaelic football or attempting to get something down from the top shelf.



Each activity A, B and C below is accompanied by a video clip. Click on the [▶](#) links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Begin with arms behind the body.

Keep head up and eyes looking forward.

[▶ Click here for video](#)

Home Activity B

Straighten and extend arms and legs when in the air.

Bend ankles, knees and legs when landing.

[▶ Click here for video](#)

Home Activity C

Land on both feet.

[▶ Click here for video](#)



Jumping for height

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



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Home Activity A

<p>Warm Up</p>	<p>Jumping dice Roll a dice and complete the corresponding jump for each number: 1 = Jump for height - As high as possible 2 = Pencil Jump - With hands stretched straight upwards 3 = tuck jump - bringing knees up to belly 4 = star jump - stretching hands and legs to side 5 = squat jump - starting bent down in low position 6 = Jump for distance - as far as possible</p>						
<p>FMS Focus</p>	<p>Today when jumping can you focus on...</p> <table border="1" data-bbox="296 775 1477 1010"> <tr> <td data-bbox="296 775 695 1010"> <p>Begin with arms behind the body</p> </td> <td data-bbox="695 775 887 1010">  </td> <td data-bbox="887 775 1286 1010"> <p>Keep head up and eyes looking forward</p> </td> <td data-bbox="1286 775 1477 1010">  </td> </tr> </table>			<p>Begin with arms behind the body</p>		<p>Keep head up and eyes looking forward</p>	
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<p>Jumping for Height Practise</p>	<p>Twist and Shout</p> <p>Description of Activity Invite pupils to find a space in the playing area while the music is playing. When the song (or teacher) says 'Twist' pupils must jump and rotate in the air, land safely and continue moving around. When the song (or teacher) says 'Shout' all pupils must jump up as high as they can in the air and shout as loud as they can.</p> <p>Variations:</p> <ul style="list-style-type: none"> • The songs 'twist and shout' and 'let's twist again' work well for this activity. Do this activity with your favorite song and pick new words upon which to jump • Change the way you move in between jumps e.g. hop, skip, side step • Change the jumping action e.g throw up a ball and jump to catch each time you hear the code word 						
<p>Home Challenge</p>	<p>Pillow high jump Place one pillow on the ground and attempt to jump over the pillow. Each time you successfully jump over the pillow, add another pillow on top of the stack. How many pillows can you jump over? Invite a family member to play pillow high jump with you.</p>						
<p>PE Journal</p>	<p>When and where do you jump? In your PE journal list at least 5 times or places when you use the skill of jumping for height. These could be games, sports or everyday activities. Draw a picture of your favorite jumping activity.</p>						



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Home Activity B

<p>Warm Up</p>	<p>Balloon jump Throw/strike a balloon in the air. Try and jump for height as many times as possible before the balloon touches the ground. Try to beat your high score of jumps each time. For more challenge try and catch the balloon before it touches the ground.</p>						
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<p>Jumping for Height Practise</p>	<p>Card Suits</p> <p>Description of Activity Invite pupils to stand in a space and start marching on the spot. Using an oversized deck of cards, the teacher turns over the cards one by one. Each card will signify an action for pupils to perform, and the number will signify how many of each exercise they do:</p> <p>Diamonds: Star Jump Hearts: Jump as high as possible Clubs: Jump as far as possible Spades: Touch the ground and jump in the air</p> <div data-bbox="517 1182 1321 1442" style="text-align: center;">  </div> <p>Variations:</p> <ul style="list-style-type: none"> • Assign your own movement to the joker or picture cards • Assign different jumps to the card suits e.g jump onto a safe raised surface (e.g ledge/curb), jump from a raised surface and upon landing jump immediately in the air, jump to catch a ball thrown off a wall or by a family member 						
<p>Home Challenge</p>	<p>Bottle flip jump Tie one end of a skipping rope/ ribbon/ tights around a bottle. Tie the other end of the rope around your waist. Start with the bottle on its side on the ground. Jump for height and attempt to get the bottle to stand.</p>						
<p>PE Journal</p>	<p>Create your own game that involves the skill of jumping for height. In your PE journal describe the game you created.</p>						



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Home Activity C

<p>Warm Up</p>	<p>Over, under and around Find or create an object that you can jump over, crawl under and run around, for example, a hurdle/two chairs with a hurley/broom stick on top. Complete as many over, under and arounds as you can in 1 minute. For more challenge increase the height of the jump and try and beat your best score.</p>						
<p>FMS Focus</p>	<p>Today when jumping can you focus on...</p> <table border="1" data-bbox="295 660 1468 907"> <tr> <td data-bbox="295 660 694 907"> <p>Land on both feet</p> </td> <td data-bbox="694 660 885 907">  </td> <td data-bbox="885 660 1284 907"></td> <td data-bbox="1284 660 1468 907"></td> </tr> </table>			<p>Land on both feet</p>			
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<p>Jumping for Height Practise</p>	<p>Jump the Ball</p> <p>Description of Activity Arrange pupils in two groups. One group starts within a defined playing area. The others stand around the outside with four balls. The pupils outside the playing area take turns to roll the ball across the playing area to a teammate, ensuring it stays on the floor. If the ball is rolled in their direction, the pupils inside must jump over it to get out of its path. If the ball hits any pupil below the knee they join the group who are around the outside. As the ball crosses the space, the pupils on the opposite side of the space receive the ball and roll it back in. Once all of the pupils have joined the outside area, the activity starts again with the other group in the middle.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • To play this game individually kick/strike/throw a ball against a wall. Jump for height over the ball as it returns towards you • Ask a family member to roll a ball that you will jump over • Use a balls of varying size • Use other skills to avoid the ball coming towards you e.g. a run and jump, dodging 						
<p>Home Challenge</p>	<p>Up up and away Record the height of your jump by jumping side on and touching a wall and having a partner record the height. Alternatively jump for height and mark the wall at the highest point of your jump with a piece of chalk or sticky post-it in your hand. Do this every day for a week. Is your jump improving?</p>						
<p>PE Journal</p>	<p>Investigate the current mens and womens world record for the high jump. Record the distance in your PE journal and measure the distance against a wall in your home.</p>						



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Eyes focused forward or upwards, head up and back straight throughout the jump



Crouch with knees bent and arms behind the body



Legs forcefully extend and straighten in the air



Arms swing forwards and upwards in time with the legs



Arms and legs extend as far as possible in the flight phase



Ankles, knees and hips bend on landing to absorb the shock



Land on both feet with no more than one step in any direction to control the landing



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