

JUMPING FOR HEIGHT

Rith



Target Pupil								Comments
Head up, stable and eyes looking forward		Head						
Arms begin behind the body		Arms						
Arms swing forwards and upwards in time with legs								
Legs extend and straighten in the air		Legs						
Ankles, knees and legs bend on landing to absorb the shock								
Landing on both feet								
Crouched down, slightly leaning forward		Trunk						

Hints	What instructions should I give? Jump as high as you can.	From where should I observe this skill? The side.	What equipment do I need? Cones, whistle.

JUMPING FOR DISTANCE

Léim



Target Pupil								Comments
Head up, stable and eyes looking forward		Head						
Arms begin behind the body								
Arms swing forwards and upwards		Arms						
Ready position: Knees, hips and ankles bent								
Push off from both feet at the same time (toes last to leave the ground)		Legs						
Legs straighten in the air								
Land on both feet at the same time, bending hips, knees and legs								
Explode forward from ready position		Trunk						

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Run as far as you can using a two feet to two feet jump.	The side	Cones, whistle.