






# LANDING

## Tuirlingt



Target Pupil								Comments
<p><b>Head</b> stable and eyes looking straight ahead</p> 	Head							
<p><b>Stomach</b> pulled in and bum tucked under the body</p> 	Trunk							
<p><b>Land</b> with the feet wide apart but still in a stable position</p> 	Legs							
<p><b>Bend the knees</b> and land on toes first, then ball, then heel.</p> 								
<p><b>Arms</b> stretched out in front to maintain balance</p> 	Arms							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Do a two feet to two feet jump and when you land, hold the pose for a count of 5 seconds.	? The side for the trunk and toe to heel landing. The front for landing with feet wide apart, eyes forward and arms out in front.	Cones, whistle.