

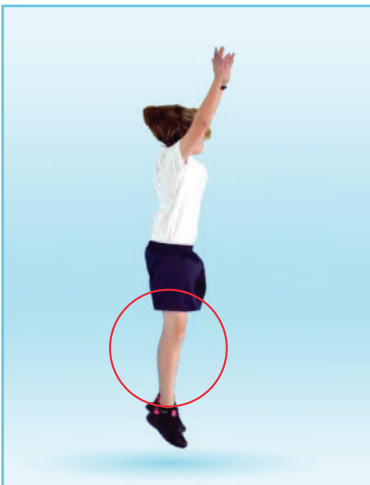
# TEACHING POINTS FOR JUMPING FOR HEIGHT



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



Crouch with knees bent and arms behind the body

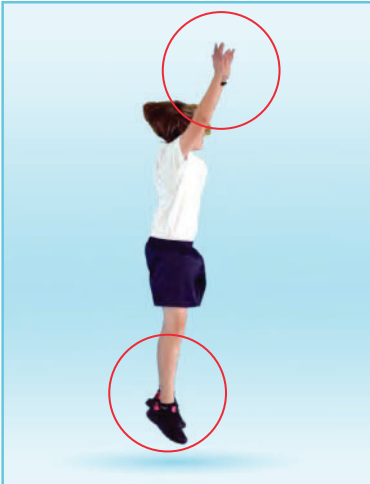


Legs forcefully extend and straighten in the air



Arms swing forwards and upwards in time with the legs

# TEACHING POINTS FOR JUMPING FOR HEIGHT



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

# EXTERNAL CUES

## JUMPING FOR HEIGHT



Teaching Point	External Cue
Eyes focused forward or upwards, head up and back straight throughout the jump	<b>Look at the bird's nest in the tree</b>
Crouch with knees bent and arms behind the body	<b>Ready to pounce like a tiger</b>
Legs forcefully extend and straighten in the air	<b>Back and legs as straight as a ruler</b>
Arms swing forwards and upwards in time with the legs	<b>Throw the 'stones' in the air</b>
Arms and legs extend as far as possible in the flight phase.	<b>Imagine you are reaching to the ceiling</b>
Ankles, knees and hips bend on landing to absorb the shock.	<b>Land and sit back onto a stool</b>
Land on both feet with no more than one step in any direction to control the landing.	<b>Don't let the wind blow you over</b>



## Introducing the skill of jumping for height

Try to jump...	Effective questions
<ul style="list-style-type: none"><li>• as high as you can with your head up</li></ul>	<i>What is the difference between these jumps? How does it feel?</i>
<ul style="list-style-type: none"><li>• as high as you can with your head down</li></ul>	
<ul style="list-style-type: none"><li>• from a crouched position</li></ul>	<i>Which is more difficult?</i>
<ul style="list-style-type: none"><li>• without bending your legs</li></ul>	<i>Why can't you jump high?</i>
<ul style="list-style-type: none"><li>• and land on on the same spot/a different spot</li></ul>	
<ul style="list-style-type: none"><li>• like a rocket</li></ul>	<i>What makes you go high?</i>
<ul style="list-style-type: none"><li>• without moving your arms</li></ul>	<i>What role do your arms play?</i>
<ul style="list-style-type: none"><li>• using all the correct technique outlined</li></ul>	<i>Let's put it all together</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Eyes looking down at the ground or feet	Head up, focus your eyes on where you want to jump
Arms by the side or forward at the crouch stage before take-off	Move your arms back behind the body, getting ready to explode upwards
Legs are tucked up during the flight phase	Keep the body as straight as possible while in the air
Landing is flat footed	Bend your knees, ankles and hips on landing to absorb force
Losing control of balance when landing	Land with your feet shoulder width apart, extend your arms to control balance upon landing if necessary

## Jumping for height Rubric

	Exploring	Developing	Mastering
<b>Trunk</b>	<ul style="list-style-type: none"> <li>• Crouch before take-off is inconsistent.</li> </ul>	<ul style="list-style-type: none"> <li>• Body leans forward with only a slight bend on the knees in the take-off phase.</li> </ul>	<ul style="list-style-type: none"> <li>• Knees are bent to at least 90° in the crouching action.</li> </ul>
<b>Take off and flight</b>	<ul style="list-style-type: none"> <li>• Leg extension and force generated at take-off is poor.</li> <li>• Little height is achieved.</li> </ul>	<ul style="list-style-type: none"> <li>• Body does not extend fully during the flight phase.</li> </ul>	<ul style="list-style-type: none"> <li>• Both arms and legs are extended fully during the flight phase.</li> </ul>
<b>Arms and Legs</b>	<ul style="list-style-type: none"> <li>• Leg and arm action are poorly coordinated.</li> </ul>	<ul style="list-style-type: none"> <li>• Arms contribute to the jump but not forcefully.</li> </ul>	<ul style="list-style-type: none"> <li>• Legs and arms are coordinated to generate force in the take-off phase.</li> </ul>
<b>Head</b>	<ul style="list-style-type: none"> <li>• Head is often not lifted upwards during the jump.</li> </ul>		<ul style="list-style-type: none"> <li>• Head is lifted and eyes focused on a target.</li> </ul>
<b>Landing</b>		<ul style="list-style-type: none"> <li>• Some forward movement on landing.</li> </ul>	<ul style="list-style-type: none"> <li>• Landing is soft, controlled and close to the take-off point.</li> </ul>

## JUMPING FOR HEIGHT

### Exploring Stage

#### *Tréimhse taisceálaíochta*



At this stage, pupils enjoy exploring many different ways and qualities of jumps. Characteristics of jumping for height at the exploring stage:

- crouch before take-off is inconsistent
- leg extension and force generated at take-off is poor
- leg and arm action are poorly coordinated
- head is often not lifted upwards during the jump
- little height is achieved.

### Developing stage

#### *Tréimhse forbraíochta*



At this stage, pupils develop their jumping technique by practising jumping in a variety of different ways and in organised and unorganised activities, e.g. over a rope, over obstacles, to catch a balloon or ball, etc. Characteristics of jumping for height at the developing stage:

- body leans forward with only a slight bend on the knees in the take-off phase
- body does not extend fully during the flight phase
- arms contribute to the jump but not forcefully
- some forward movement on landing.

### Mastering stage

#### *Tréimhse Máistrithe*



At this stage, pupils consistently display proficient jumping technique and apply to varying situations, both individually and with others. Characteristics of jumping for height at the mastering stage:

- knees are bent to at least 90° in the crouching action
- legs and arms are coordinated to generate force in the take-off phase
- both arms and legs are extended fully during the flight phase
- head is lifted and eyes focused on a target
- landing is soft, controlled and close to the take-off point.

# TEACHING POINTS FOR JUMPING FOR DISTANCE



Get into the 'ready' position by bending the knees, hips and ankles



Head up and eye focused forwards



Explode forward from the ready position



Swing the arms back behind the body then quickly forwards and upwards

# TEACHING POINTS FOR JUMPING FOR DISTANCE



Push off from both feet together, with the toes the last part of the body to leave the ground



land on both feet at the same time bending the hips, knees and ankles to absorb the impact



legs straighten during the flight phase



# EXTERNAL CUES

## JUMPING FOR DISTANCE



Teaching Point	External Cue
Get into the 'ready' position by bending the knees, hips and ankles	<b>Get into 'frog' position ready to jump</b>
Head up and eye focused forwards	<b>Look at the school wall</b>
Explode forward from the ready position	<b>Push the ground away</b>
Swing the arms back behind the body then quickly forwards and upwards	<b>Shoot your spider web into the sky</b>
Push off from both feet together, with the toes the last part of the body to leave the ground	<b>Push the ground away with the balls of your feet</b>
Legs straighten during the flight phase	<b>Point the ruler towards the ground</b>
Land on both feet at the same time bending the hips, knees and ankles to absorb the impact	<b>Sit back on to a stool as you land</b>



## Introducing the skill of jumping for distance

Try to jump as far as you can...	Effective questions
<ul style="list-style-type: none"> <li>forwards/backwards</li> </ul>	<i>How does it feel, what is your body doing?</i>
<ul style="list-style-type: none"> <li>from a deep crouch</li> </ul>	<i>Where is best and why?</i>
<ul style="list-style-type: none"> <li>from a shallow crouch</li> </ul>	
<ul style="list-style-type: none"> <li>like an elephant</li> </ul>	<i>How hard should your landing be?</i>
<ul style="list-style-type: none"> <li>like a cricket</li> </ul>	<i>Can you jumping further?</i>
<ul style="list-style-type: none"> <li>in a straight line</li> </ul>	
<ul style="list-style-type: none"> <li>again and again in a line</li> </ul>	<i>What happens to your jumps when you get tired?</i>
<ul style="list-style-type: none"> <li>again and again in a circle</li> </ul>	
<ul style="list-style-type: none"> <li>with a partner</li> </ul>	
<ul style="list-style-type: none"> <li>keeping your arms by your side</li> </ul>	<i>What do your arms do?</i>
<ul style="list-style-type: none"> <li>holding your arms out to the side</li> </ul>	
<ul style="list-style-type: none"> <li>with your legs far apart/close together</li> </ul>	<i>Where is the best position?</i>
<ul style="list-style-type: none"> <li>and then land with your legs close together/far apart</li> </ul>	<i>Where is best?</i>
<ul style="list-style-type: none"> <li>using all the correct technique outlined</li> </ul>	<i>Let's put it all together</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Eyes looking down at the ground or feet	Head up, focus your eyes on where you want to jump
Arms not moving back behind the body in preparation for the jump	Move your arms back behind the body, get into the 'ready' position to explode forward
Legs not extended fully during take-off resulting in an up not out jump	Drive forward as strong and as forceful as possible
Ankles, knees and hips are not being flexed for landing	Lean and reach forward. Pick a spot on the ground and jump towards it
Overbalancing on landing	Bend your knees to cushion the landing

## Jumping for distance Rubric

	Exploring	Developing	Mastering
<b>Arms</b>	<ul style="list-style-type: none"> <li>• Arm action is limited</li> </ul>	<ul style="list-style-type: none"> <li>• Swinging of the arm initiates the jumping action</li> </ul>	<ul style="list-style-type: none"> <li>• Adopts a consistent 'ready' position before take-off, with a deep crouch position and arms swinging back behind the body</li> </ul>
<b>Take off and flight</b>	<ul style="list-style-type: none"> <li>• Arms swing wildly in the air in an attempt to maintain balance</li> <li>• Inconsistent timing between arms and legs</li> </ul>	<ul style="list-style-type: none"> <li>• Arms are held out to the side to maintain balance during the flight phase</li> <li>• Extending of the legs and feet are more consistent at take-off</li> </ul>	<ul style="list-style-type: none"> <li>• Arms swing forward and upwards with force during the take-off</li> </ul>
<b>Legs</b>	<ul style="list-style-type: none"> <li>• Difficulty using feet and legs to take off</li> </ul>	<ul style="list-style-type: none"> <li>• More of a rhythm between leg and arm movement is evident</li> </ul>	<ul style="list-style-type: none"> <li>• Ankle, knees and feet fully extended during take off, working in rhythm with the arms</li> </ul>
<b>Landing</b>	<ul style="list-style-type: none"> <li>• Tendency to fall backwards on landing</li> </ul>	<ul style="list-style-type: none"> <li>• Landing is still stiff, less tendency to fall backwards</li> </ul>	<ul style="list-style-type: none"> <li>• Landing is soft and controlled with the body position leaning forward</li> </ul>

## JUMPING FOR DISTANCE

### Exploring Stage

#### *Tréimhse taisceálaíochta*



At this stage, pupils enjoy exploring different ways and qualities of jumping using the world around them, e.g. over a line on the ground, from tile to tile or over an object. Characteristics of jumping for distance in the exploring stage:

- arm action is limited
- arms swing wildly in the air in an attempt to maintain balance
- difficulty using feet and legs to take-off
- inconsistent timing between arms and legs
- tendency to often fall backwards on landing.

### Developing stage

#### *Tréimhse forbraíochta*



At this stage, pupils develop their jumping technique by practising jumping in a variety of different ways and in organised and unorganised activities, e.g. over a rope, over obstacles, as far as they can, etc. Characteristics of jumping for distance at the developing stage:

- swinging of the arm initiates the jumping action
- arms are held out to the side to maintain balance during the flight phase
- more of a rhythm between leg and arm movement is evident
- extending of the legs and feet are more consistent at take-off
- landing is still stiff, less tendency to fall backwards.

### Mastering stage

#### *Tréimhse Máistrithe*



In this stage, pupils consistently display proficient jumping technique and apply it in varying situations, both individually and with others. Characteristics of jumping for distance at the mastering stage:

- adopts a consistent 'ready' position before take-off, with a deep crouch position and arms swinging back behind the body
- arms swing forward and upwards with force during the take-off
- ankle, knees and feet fully extended during take-off, in rhythm with the arms
- landing is soft and controlled with the body position leaning forward.