

# TEACHING POINTS FOR LANDING



Head up, stable and looking straight ahead



Arms should be stretched out in front to maintain balance



Stomach should be pulled in and bum tucked under the body



Land with the feet wide apart but still in a stable position



Bend the knees



Land on the feet in the order toes-ball-heel

# EXTERNAL CUES

## LANDING



Teaching Point	External Cue
Head up, stable and looking straight ahead	Show off your school crest
Arms should be stretched out in front to maintain balance	Reach out front towards the wall
Stomach should be pulled in and bum tucked under the body	Sit on a stool
Land with the feet wide apart but still in a stable position	Land at either side of the 'box'
Bend the knees	Sit on a stool
Land on the feet in the order toes-ball-heel	Land gently like a mouse



## Introducing the skill of landing

Try to...	Effective questions
<ul style="list-style-type: none"> <li>• jump and land like a hippo</li> </ul>	<i>Why is this not effective?</i>
<ul style="list-style-type: none"> <li>• jump and land as soft as a butterfly</li> </ul>	<i>Can you maximise your jump like this?</i>
<ul style="list-style-type: none"> <li>• jump and land without bending your body</li> </ul>	<i>Why is this not possible?</i>
<ul style="list-style-type: none"> <li>• jump and land bending your knees, hips and ankles</li> </ul>	
<ul style="list-style-type: none"> <li>• jump as far as you can and land without falling forward</li> </ul>	<i>What would cause this?</i>
<ul style="list-style-type: none"> <li>• jump as high as you can and clap your hands as many times as possible before landing</li> </ul>	
<ul style="list-style-type: none"> <li>• jump onto and off a mat</li> </ul>	
<ul style="list-style-type: none"> <li>• jump off a bench and land safely on the ground (discovery stage upwards only)</li> </ul>	
<ul style="list-style-type: none"> <li>• jump as far as you can and freeze on landing</li> </ul>	<i>What is happening to your body?</i>
<ul style="list-style-type: none"> <li>• count how many jumps it takes to cross the hall/yard (if you lose balance on landing you have to start again)</li> </ul>	
<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>
Head/eyes looking down	Head up, look forward and focus on a target
Arms waving wildly or held out to the side. Body falling forward upon landing	Hold your arms out in front to help counteract the forward momentum and help with balance
Knees are straight during the landing	Bend your knees, ankles and hips
Landing flat footed	Land on your toes-ball-heel. Practise this mantra over and over again
Uncontrolled landing	Practise holding your landing position for at least three seconds

## Landing Rubric

	Exploring	Developing	Mastering
Head	<ul style="list-style-type: none"> <li>Looking down rather than straight ahead</li> </ul>	<ul style="list-style-type: none"> <li>Eyes are more focused on a target with head up</li> <li>Occasionally loses balance forwards</li> </ul>	<ul style="list-style-type: none"> <li>Eyes are focused on a target</li> </ul>
Balance	<ul style="list-style-type: none"> <li>No consistent stable base of support is evident</li> </ul>	<ul style="list-style-type: none"> <li>A stable base is evident</li> </ul>	<ul style="list-style-type: none"> <li>A wide stable base is evident</li> </ul>
Legs	<ul style="list-style-type: none"> <li>Very little bending of the knees to absorb force</li> </ul>	<ul style="list-style-type: none"> <li>Knees bend after the heel touches the ground</li> </ul>	<ul style="list-style-type: none"> <li>Force is absorbed by bending the knees, ankles and hips</li> </ul>
Overall	<ul style="list-style-type: none"> <li>Landing is flat footed with no toes-ball-heel action</li> </ul>	<ul style="list-style-type: none"> <li>Upon landing the toes-ball-heel action is more evident</li> </ul>	<ul style="list-style-type: none"> <li>Landing movement is controlled</li> </ul>

# IDENTIFYING THE STAGES OF DEVELOPMENT

## Exploring Stage

### *Tréimhse taisceálaíochta*



At this stage, pupils enjoy experimenting with landing from different heights using a variety of obstacles in a safe environment. The focus at this stage of development is on having fun and exploring different ways to land. Characteristics of landing at the exploring stage:

- no consistent stable base of support is evident (the pupil will lose balance left/right/forwards/backwards easily upon landing)
- landing is flat footed with no toes-ball-heel action
- very little bending of the knees to absorb force.

## Developing stage

### *Tréimhse forbraíochta*



At this stage, pupils practise landing from different heights and distances paying particular attention to absorbing the impact of the landing. Characteristics of landing at the developing stage:

- A stable base is evident
- upon landing the toes-ball-heel action is more evident
- knees bend after the heel touches the ground
- occasionally loses balance forwards.

## Mastering stage

### *Tréimhse Máistrithe*



At this stage, pupils show confidence and competence landing from a variety of different levels and distances, both in an isolated and game based setting.

Characteristics of landing at the mastering stage:

- the landing movement is controlled
- a wide stable base is evident
- force is absorbed by bending the knees, ankles and hips.