Jumping 3.1: Vertical and horizontal jump
8 - 12 year olds

**Introduction** (1 - 2 minutes)

*Can you name any sports and activities that involve jumping high and/or far?*

**Warm-up: Hot dog tag** (5 - 6 minutes)

- Choose 3-5 children to be taggers, depending on numbers.
- Suggestion: Ask children with a certain colour shirt to be taggers, then switch colours for next round.
- Children who are tagged become “hot dogs” by lying down with arms at their sides.
- Tagged children can be free again if two other children make a “bun” by lying down on either side of them.
- All three children can then get up and continue playing.
- Make sure children exercise caution and look where they are running at all times.

**Demonstration: Horizontal jump** (1 - 2 minutes)

- Demonstrate the parts of a good jump that help us to jump further.
- Get ready: Bend knees and lean forward, swing arms back.
- Take off: Swing arms up and forwards as you spring with your legs, reaching as high and far as possible, extending the body fully.
- Fly forward: Look forward and tuck your legs as you “fly”.
- Land: Absorb your landing softly by bending ankles, knees, and hips on impact.
- On landing, arms should reach straight forward for balance.
Demonstration: Vertical jump  (1 - 2 minutes)

• Demonstrate the parts of a good jump that help us to jump higher.
• Get ready: Bend knees and lean forward, swing arms back.
• Take off: Swing arms up spring with your legs, reaching as high as possible, extending the body fully.
• Fly up: Look forward and tuck your legs if jumping onto or over an object.
• Land: If jumping up on the spot, land where you took off. Absorb your landing softly by bending ankles, knees, and hips on impact.
• On landing, arms should reach straight forward for balance.

Practice: Jumping exploration  (10 - 12 minutes)

• Set up different jumping stations in the activity space where children can explore jumping with both feet horizontally, vertically, and laterally.
• Form groups of 3-4 children and have them explore each station for 1-2 minutes.
• Station 1: Stand on a line and compete to see who can jump furthest.
• Station 2: Jump up onto a box and down again, and focus on landing softly.
• Station 3: Jump over a hurdle, or a skipping rope that be raised or lowered to set an appropriate challenge.
• Station 4: Do multiple jumps over a set of cones, or from hula-hoop to hula-hoop, or from mat to mat, etc.
• Station 5: Jump backwards from one mat to another. Increase the space between mats gradually.
• Station 6: Jump sideways back and forth from one mat to another. Increase the space between mats gradually.
• Station 7: Compete to see how high you can jump to touch a spot on the wall, basketball net or rim, or a ball suspended on a rope that can be raised or lowered.

TIPS FOR INSTRUCTION

• Encourage the children to extend their bodies on the takeoff.
• Encourage soft and controlled landings.

CUES

• Get ready: “Arms back, crouch forward”
• Take off: “Spring and swing”
• Fly: “Extend body”
• Land: “Land quietly, arms forward”
Game: Island jumping (8 - 10 minutes)
• Having practiced, tell the children they are ready to try to island jumping.
• Scatter gymnastics mats, yoga mats, and/or hula hoops throughout the activity space as “islands”.
• Place the islands close enough so children can jump from one to another.
• The object of the game is the jump to all the islands without falling in the water (gym floor).
• After children complete the circuit, increase the distance between the “islands” slightly.
• Next, bring all the islands closer and practice different jumps:
  » jump off two feet and land on one.
  » jump off one foot and land on two.

Wrap-up (1 - 2 minutes)
Why are arms important in jumping and landing?

Tips for Instruction
• Move around the activity area and provide feedback to the children using the cues.
• Encourage the children to extend their bodies on the takeoff.

Cues
• Get ready: “Arms back, crouch forward”
• Take off: “Spring and swing”
• Fly: “Knees up, look forward”
• Land: “Land quietly, arms forward”