GETTING SKILFUL - FABB

Encourage the children to:

Feet
- keep feet parallel, no more than hip-width apart.

Arms
- start arms at the side of the body, drive backwards and then forwards and upwards
- try explosive strength from the arms to replace jumping.

Body
- lean slightly forward, extend legs and drive upwards, straighten and control spine.

Brain
- focus on co-ordination of arms and legs in rhythmical action.

THINK INCLUSIVE

- Feet positions can be marked to show children where to take off and where to land.
- Examine explosive strength in different ways, e.g, a standing jump or push.

GETTING BETTER - SOSS

Encourage the children to:

Space
- jump and turn for height
- move forwards, backwards, sideways, two feet to two feet, one foot to two feet, one foot to one foot (hopping).

Objects
- jump to catch, head or strike.

Speed
- generate speed through a good run up
- try different speeds of run up.

Strength
- drive from the legs, building this up through 'bunny hops'.

ALL ROUND DEVELOPMENT, LINKS WITH:

Agility
- twisting, turning and rotating
- acceleration before jumping.

Balance
- balancing and moving
- balancing when landing.

EXTENDING SKILLS

Encourage the children to try:
- warming up by beginning with jogging (don't forget to stretch) then build up gradually before trying some jumps
- warming down by using jogging and then walking to gradually recover. Finish with long stretches
- an athletics club session to practise high jump, long jump and triple jump
- practising jumping in games, e.g:
  - netball–jumping to catch and block
  - volleyball–jumping to block and smash
  - basketball–rebounding, jump shots and performing lay ups
  - hockey and football–goalkeeping.
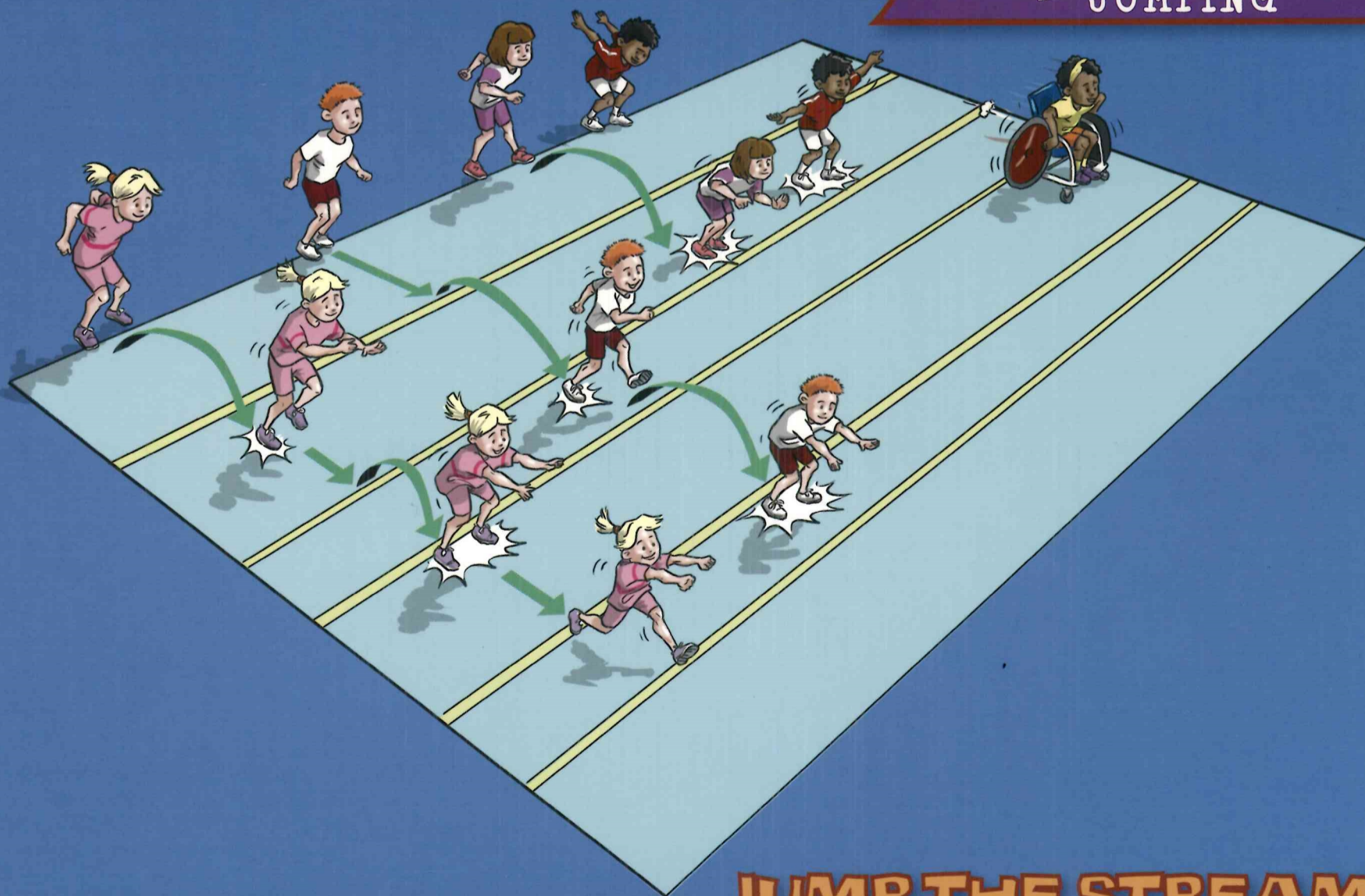
JUMP THE STREAM

- Place two ropes or lines across the playing area to make the stream.
- Make stepping stones with mats/chalked or taped squares/markers.
- Children try to jump across.
- Width of stream can vary from narrow to wide.