Jumping & Landing

1. **Non-manipulative Skills**

2. **Jumping & Landing**
   - Jumping is also referred to as a locomotor pattern
   - To jump is to propel the body into a momentary period of flight.
   - Two reasons for performing a jump:
     1. for height, &
     2. for distance.

3. **Jumping & Landing**
   - Children need to be skillful at both jumping & landing to be ready for a variety of games, gymnastic and rhythmic activities.
   - These individual actions make up the fundamental jumping pattern:
     - 2 feet to 1 foot
     - 2 feet to 2 feet
     - 1 foot to same foot
     - 1 foot to opposite foot
     - 1 foot to 2 feet

4. **Jumping & Landing**
   - Three phases of jumping:
     1. Takeoff: actions of the body as it's propelled off the ground.
     2. Flight: actions of the body while it's off the ground & in the air.
     3. Landing: actions of the body as it makes contact with the ground.