¹ Jumping & Landing

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. <u>Takeoff</u>: 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.