

Star Jump

Make sure children:

- get in the ready position, with their ankles, knees and hips bent;
- look forwards;
- keep both arms straight as they bring them up from their sides to between their shoulders, and their heads high;
- move both legs out to the side, keeping them as straight as possible after the initial jump;
- are making a star shape with their arms and legs;
- bring their legs back together and bend their knees to land safely;
- bring their arms back down to their side as they land.

Support children if you see them:

- struggling to bend their knees on takeoff or landing;
- bending their arms and legs when they are trying to make the star position in the air;
- bringing their arms forward instead of out to the side.



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Straight Jump

Make sure children:

- get in the ready position, with their ankles, knees and hips bent;
- look forwards;
- keep both arms straight by their sides with fingers pointed towards the floor;
- keep their body in a straight, rigid position as they jump;
- bend their knees to land safely.

Support children if you see them:

- struggling to bend their knees on takeoff or landing;
- moving their arms and legs about when completing the jump;
- moving their head about during the jump.



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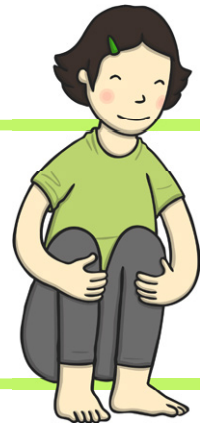
Tuck Jump

Make sure children:

- stand with their feet shoulder-width apart, with their knees slightly bent;
- look forwards;
- bend their knees and push powerfully upwards into the jump, bringing their knees up to their chest;
- bring their arms forward to clasp together around their legs;
- release their legs as they descend;
- bend their knees to land safely.

Support children if you see them:

- struggling to bend their knees on takeoff or landing;
- not putting any power into their jump;
- not releasing their legs on descent.



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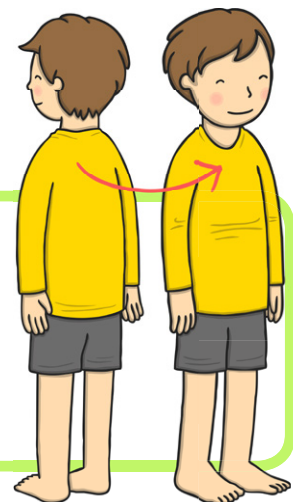
Half-Turn Jump

Make sure children:

- get in the ready position, with their ankles, knees and hips bent;
- look forwards;
- keep their arms by their sides;
- make both feet leave the ground at the same time;
- jump to end facing the opposite direction;
- bend their knees to land safely.

Support children if you see them:

- trying to turn/jump too far;
- overbalancing when they land;
- not bending / flexing the knees, hips and ankles.



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