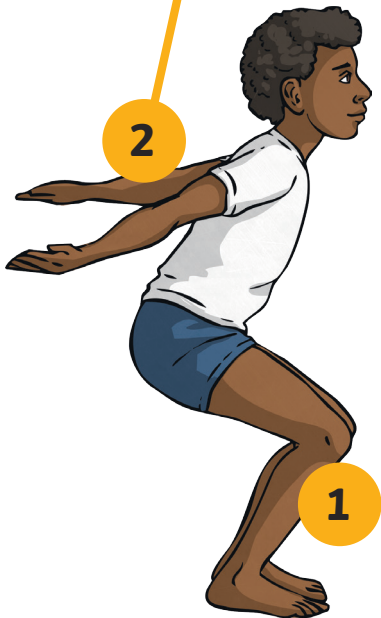
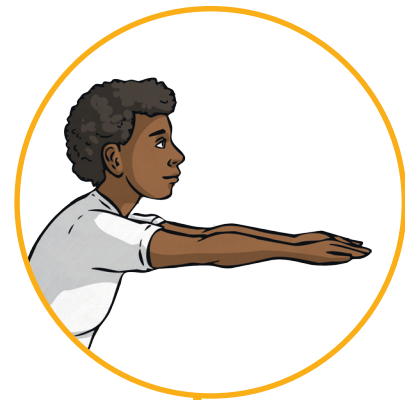


Skill

Jumping: The Take-Off

When carrying out any type of jump, you will be able to jump higher or further when you use a good technique for taking off.



Technique

- 1 Bend at the hips, knees and ankles.
- 2 Start with your arms behind you and swing them forwards and up.
- 3 Extend the ankles, knees and hips explosively to achieve power in the take-off.
- 4 Remember to land safely.

Skills Practice

Practise the different jumps using the correct take-off and landing safely and in control.

Take off	Landing