

Jumping is the action of pushing off with both feet and landing with both feet. Prior to take-off, both knees are bent and arms are extended behind the back.

The arms extend forcefully forward and upward, reaching above the head.

Both feet come off the ground together and land together. Both arms are forced downward during landing.

Some common errors that children experience with jumping include: not taking off and landing on both feet and limited arm movement before, during and after the jump.

Some corrections and verbal cues to address these common errors could include: instructing children to take off and land on two feet and asking children to swing their arms back before the jump, to reach for the stars, to encourage arm extension during the jump and to swing their arms back on landing.