

Leaping is a graceful long step where the body lifts off the ground to cover a distance or go over a low obstacle.

A short run before a leap aids the momentum of the leap.

The child takes off on one foot and lands on the opposite foot.

There is a period where both feet are off the ground, longer than running.

While in the air, there is a forward reach with the arm opposite the lead foot.

Some common errors that children experience with leap include: the arm opposite the lead leg does not reach forward during flight, taking off and landing on the same foot, that is the child hops instead of leaps.

Somme corrections and verbal cues to address these common errors could include: instructing children to reach forward with their arm opposite the lead foot, practice by walking this way first before moving to leaping, and encourage children to take off on one foot and land on the opposite foot.

This could be done by focusing only on taking off and landing on the preferred foot, before progressing to taking off and landing on the non-preferred foot.