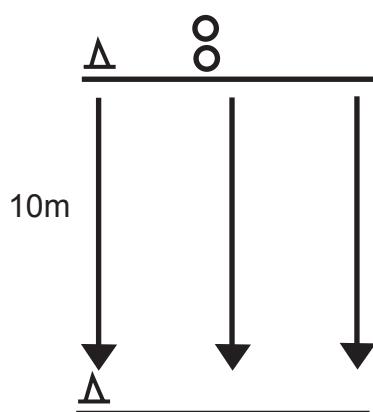


TAKE-OFF AND LANDING PRACTICE

SKILL CARD



Work with a partner-moving from a start line to another line 10m away.

- (i) Take it in turn to practise:-
- 1 foot to 1 foot (*hopping*)
 - 2 feet to 2 feet (*bouncing*)
 - 1 foot to 2 feet (*long jump*)
 - 1 foot to the other foot (*leap*)

(a) Where do you **look** when you jump?

(b) What do you do with your **arms**?

What do you have to remember to do when **landing**?

(ii) Can you make up a **pattern of jumps** with your partner?

(iii) Can you perform the pattern side-by-side with your partner?

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COMBINATIONS OF HOPS, JUMPS AND STRIDES

• **Equipment**:- one cone for the starting line and one marker or beanbag each for marking the distance jumped.

Practise the following patterns from a **standing start**.

(a) **HOP - HOP - STEP**

(b) **STEP - STEP - JUMP**

(c) **HOP - STEP - HOP - JUMP**

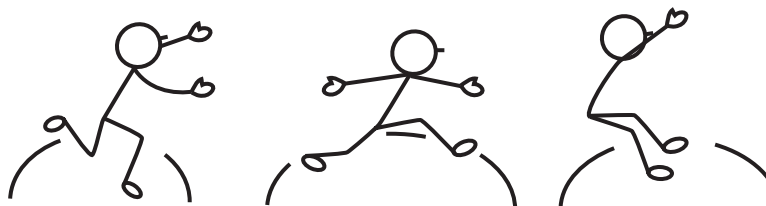
(d) **HOP - HOP - STEP - STEP - JUMP**

(e) **HOP - STEP - JUMP**

(i) Practise the different **rhythms** of (a) - (e) and make the joins smooth.

(ii) From a standing start compete with your group to find out who covers the **greatest distance for each pattern** (*2 tries each*).

(iii) Compete in the same way with an **approach of 3 strides**.



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