

# Level 1 – Horizontal Jump

## Teaching Tips

Victorian Little Athletics Association

### Horizontal Jump

The jump is another important motor skill that can be applied to many events. Developing good technique at the early stage is more important than seeing how high children get as strength is a major limiting factor. Important to this skill is the coordination of the arms, trunk and legs to develop maximum force. Try and incorporate some of the following tips within any activity, game or modified competition that you are coordinating.

#### COMPONENT A:

- Eyes are focused forwards throughout the jump.

##### Tips:

- Have the children reach for an object held in front of them.
- Have the children identify an objects colour.
- Explore jumping with their heads down, then heads forward, which is better?

#### COMPONENT B:

- Crouch with knees bent and arms extended behind body.

##### Tips:

- Award points for best starting position.
- Explore jumping without crouching, which is better?
- As children crouch with their hands moving behind their body, have another child give them a “ten” hand slap.
- Have children reach back and grab an object from their partner or touch their partner’s toes standing behind them.
- While playing some of the activities, allow children be released from tag games by jumping from a crouched position.

#### COMPONENT C:

- Forward and upward thrust of arms as legs straighten to take off.

##### Tips:

- Have children holding soft objects as they crouch, children throw the soft objects over a rope held up in front of them as their arms swing through.
- Have children explore jumping without using their arms, which is better?

#### COMPONENT D:

- Arms are brought forward on landing.

##### Tips:

- Reach for an object held out in front
- Throw soft objects forwards as arms swing through.

#### COMPONENT E & F:

- Knees bend to absorb force as both feet land at the same time.
- Upon landing the body travels forward past the feet.

##### Tips:

- Explore landing softly and landing loudly, which is better?
- Have children jump off a low object onto the ground as quietly as they can.
- Have children jump into a hoop.
- Have children jump across a line.
- Have children hold the landing position for a count of three.

# Level 1 – Horizontal Jump

## Session Plan 1

Victorian Little Athletics Association

- Components**
- A. Eyes focused forward throughout the jump.
  - B. Crouch with knees bent and arms extended behind body.
  - C. Forward and upward thrust of arms as legs straighten to take off.

## WARM-UP (10 MIN)

### Octopus

**Equipment** None

**Space** Large defined grass area, 2 lines about 2m apart.

**Formation** 2 children in the middle and the rest standing behind a line on one side.

**Instructions** The children in the middle call 2 children's names. The children named try to run to the other side.

When they make it, everyone else tries to get there too. If tagged, that person helps in the middle.

When Octopus is called, everyone has to run to the other side.

## SKILL ACTIVITIES (20 MIN)

### River Rapids

**Equipment** 2 skipping ropes.

**Space** Wide open area.

**Formation** Ropes 1m apart and children in small lines.

**Instructions** On 'GO' the first child walks up to the 'river' and takes off from both feet and lands on two feet on the other side of the river. Everyone else follows behind. Once everyone has cleared it, the river starts to widen at one end. This allows children to try jumping over the river at varying distances.

### Sack Relay

**Equipment** 1 sack or bag per group.

**Space** 2 cones or markers per group.

**Formation** Groups of 3 in single file.

**Instructions** Place cones 5-7m apart from starting line. Standing inside a sack, each child takes a turn to jump out and around their cone and back to their group, tagging the next child and passing the sack to them.

## MODIFIED COMPETITION (10 MINS)

### Jumping Jack Flash

**Equipment** 4 ribbons per group, 1 hoop per group.

4 bean bags per group.

**Space** Wide open grassed area.

**Formation** Groups of 4 in single file, 4 ribbons placed 0.5m apart with 4 beanbags placed in a hoop at the other end.

**Instructions** On 'GO', the first child from each group jumps from ribbon to ribbon, collects a bean bag from the other end then runs back to tag the next child. The activity continues until each child has had a turn and all the beanbags are gone. Award points to the winning group and individual points for the correct technique used throughout the entire activity.

# Level 1 – Horizontal Jump

## Session Plan 2

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- Components**
- A. Eyes focused forward throughout the jump.
  - B. Crouch with knees bent and arms extended behind body.
  - C. Forward and upward thrust of arms as legs straighten to take off.

## WARM-UP (10 MIN)

### Ball Tag

**Equipment** 1-3 'soft' balls  
Cones or markers

**Space** Wide open grass area, square marked out.

**Formation** Children scatter inside a square with 2 taggers each having a ball.

**Instructions** Children run around inside the square and try to avoid being tagged by the ball. Children can only be tagged between the shoulders and the knees and the tagger must be holding the ball when making the tag. On being tagged the children swap over with the tagged becoming the tagger. The leader can introduce more balls into the game.

## SKILL ACTIVITIES (20 MIN)

### Toe Taps

**Equipment** Whistle

**Space** Large defined grass area. Two parallel lines marked 10m apart.

**Formation** 4 even groups, lined between the markers, one group behind the other.

**Instructions** On 'GO', the first 4 children start walking forward and when the whistle is blown they perform a jump. Upon landing they have to touch their hands to their toes and run to the opposite marked line. Next group has a turn. When all groups have had a turn, repeat back to the starting line.

### The Jump Commander

**Equipment** Chalk, ropes or cones to mark boundaries.

**Space** Wide open grass area.

**Formation** 1 Large circle marked on the ground with children scattered about outside the circle.

**Instructions** Children are walking around within a designated area and when the Leader calls out 'JUMP', everyone has to jump using both feet to take off and land. The Leader may call 'RIGHT' so the children have to take off and jump to the right. The same with left, forwards or backwards. When the Leader calls 'CIRCLE JUMP', children run, walk or skip over to the big circle and jump into it.

**Safety Tip:** make sure the circle is big enough for all the children to jump into and land safely.

## MODIFIED COMPETITION (10 MINS)

### 'X' Marks the Spot

**Equipment** None

**Space** Large defined grassed area, sandpit.

**Formation** 3-4 even groups alongside the sandpit. Mark an 'X' in the sand for each group.

**Instructions** On 'GO', the first child from each group takes off from both feet and lands on two feet on the 'X'. If successful, they receive 1 point for their group. They then draw an 'X' in the sand for the next child. The activity continues until everyone has had lots of turns.

# Level 1 – Horizontal Jump

## Session Plan 3

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- Components**
- D. Arms are brought forward on landing.
  - E. Knees bend to absorb force as both feet land at the same time.
  - F. Upon landing the body travels forward past the feet.

## WARM-UP (10 MIN)

### Fox and Geese

- Equipment** None.
- Space** Large defined grass area.
- Formation** Groups of 5, 1 child is the fox and the other 4 are the geese.
- Instructions** The geese are linked by holding the child's waist in front. The front goose has to protect the others by blocking the path of the fox, who is attempting to tag the last goose.
- Rotate positions so everybody gets a turn at being the fox.

## SKILL ACTIVITIES (20 MIN)

### Big Jump

- Equipment** 1 cone or marker per group.
- Space** Wide open area, sandpit.
- Formation** 3-4 even groups alongside the sandpit.
- Instructions** From a stationary position, children take off from both feet and jump as far as they can into the sandpit landing on both feet at the same time. The child's body must carry forward past the landing point, even to the point where they can fall forward and land on their hands in the sand.
- Variation** Children take off from one foot and land on two feet in the sandpit. Alternate take off foot.

### Crouch Chaos

- Equipment** 3 hoops per group of 3 or 4, cones.
- Space** Large defined grass area
- Formation** Even lines behind first hoop. Sets of 3 hoops set apart in a line. Distance apart is set by the children themselves.
- Instructions** Children, starting from a crouch down position with knees bent and arms extended out from behind the body, jump from hoop to hoop, taking off and landing on both feet. As they straighten their legs for take off, their arms thrust forward and upwards. Both feet land at the same time and the knees bend to absorb impact.

## MODIFIED COMPETITION (10 MINS)

### Coloured Cone Jump

- Equipment** 2 sets of 4 coloured cones or markers.
- Space** Wide Open area or sandpit.
- Formation** 3-4 even groups alongside pit, with coloured cones placed at 0.5m intervals out in front.
- Instructions** On 'Go', the first child from each group jumps into the pit, aiming to jump as far as possible. Each child has 3 jumps in which to score as many points as possible for their team. Points are determined by which coloured cone they reach. Tally scores and award places at the end of 3 rounds.

# Level 1 – Horizontal Jump

## Session Plan 4

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- Components**
- D. Arms are brought forward on landing.
  - E. Knees bend to absorb force as both feet land at the same time.
  - F. Upon landing the body travels forward past the feet.

## WARM-UP (10 MIN)

### Spin The Leader

- Equipment** Whistle, cones
- Space** Large defined grass area, square marked out
- Formation** Random
- Instruction** The leader stands spinning slowly in the centre of the defined area. Children spread out and run around the area in the direction indicated by the leader. The leader stops spinning, blows a whistle and points to a boundary. Children run as fast as possible to that boundary.

## SKILL ACTIVITIES (20 MIN)

### High Arms

- Equipment** Flexi bar or rope
- Space** Sandpit or grass area
- Formation** 3-4 even groups alongside the sandpit  
Rope held up over sandpit (along length of sandpit).
- Instructions** On 'GO', the first child from each group takes off and jumps into the sandpit, reaching up with both hands to touch the rope overhead. Ensure children are taking off and landing using both feet.
- Variation** Have the rope high at one end and low at the other end, children can choose which group they want to go in, children can challenge themselves to see how high they can reach.

### Obstacle Jump

- Equipment** 1 cone, 1 hoop and 1 cane or skipping rope per group
- Space** Large defined grass area
- Formation** Groups of 4. Obstacles set out in straight line in front of each group.
- Instructions** On 'GO', the first child of each group jumps over the cone, into and out of the hoop and over the rope. Once over the rope, the next child in line starts.

## MODIFIED COMPETITION (10 MINS)

### Coloured Cone Jump

- Equipment** 2 sets of 4 coloured cones or markers
- Space** Wide Open area or sandpit
- Formation** 3-4 even groups alongside pit, with coloured cones placed at 0.5m intervals out in front.
- Instructions** On 'Go', the first child from each group jumps into the pit, aiming to jump as far as possible. Each child has 3 jumps in which to score as many points as possible for their team. Points are determined by which coloured cone they reach. Tally scores and award places at the end of 3 rounds.

# Level 1 – Horizontal Jump

## Session Plan 5

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- Components**
- D. Arms are brought forward on landing.
  - E. Knees bend to absorb force as both feet land at the same time.
  - F. Upon landing the body travels forward past the feet.

### WARM-UP (10 MIN)

#### Tails

**Equipment** Ribbons, cones, whistle

**Space** Large defined grass area, boundaries set out

**Formation** Children scattered about in a square

**Instructions** Children tuck a ribbon into the side of their shorts, like a tail, and on 'GO' chase each other in the square, trying to capture as many tails as possible. If a tail is taken, the child continues to run around trying to collect more tails.

### SKILL ACTIVITIES (20 MIN)

#### Toe Taps

**Equipment** Whistle

**Space** Large defined grass area. Two parallel lines marked 10m apart.

**Formation** 4 even groups, lined between the markers, one group behind the other.

**Instructions** On 'GO', the first 4 children start walking forward and when the whistle is blown they perform a jump. Upon landing they have to touch their hands to their toes and run to the opposite marked line. Next group has a turn. When all groups have had a turn, repeat back to the starting line.

#### Jumping/Landing Circuit

**Equipment** Hoop, very low wooden blocks (15 -20cm high), rope.

**Space** Wide open grass area.

**Formation** Groups of 3 to 4 at each station.

**Instructions** Children rotate around the stations performing horizontal jumps at each station using two feet for take off and landing. Emphasise components D, E, F.

**Station 1** – Jump off a very low block into a hoop.

**Station 2** – Jump off a very low block into the sandpit.

**Station 3** – Jump off a very low block over a rope lying on the ground.

**Station 4** – Jump from the ground, onto a very low block.

### MODIFIED COMPETITION (10 MINS)

#### 'X' Marks the Spot

**Equipment** None

**Space** Large defined grassed area, sandpit.

**Formation** 3-4 even groups alongside the sandpit. Mark an 'X' in the sand for each group.

**Instructions** On 'GO', the first child from each group takes off from both feet and lands on two feet on the 'X'. If successful, they receive 1 point for their group. They then draw an 'X' in the sand for the next child. The activity continues until everyone has had lots of turns.