As they develop

Locomotor

Jumping and Landing

Jumping and landing (Frog Hopping) involves taking off on one or two feet and landing on two; with feet, ankles, knees and hips absorbing the force. Vertical height is achieved by bending at the knees and swinging both arms forwards and upwards above the head.

1. Feet shoulder-width apart
2. Bend knees – 'Frog Hopping' position
3. Take the arms back and swing them forward and upward
4. Push off the balls of the feet and reach up as high as you can with the arms
5. Keep your body straight and head up
6. Land bending the hips, knees and ankles



If you see...

Observation	Likely cause	Solution
Not much height in the jump	Jumps from straight legs, with no evidence of bending of knees, or preparatory crouch. Looks down	Bend knees and explode or jump up, reaching upwards. Work on bending and stretching
Feet do not leave the ground together	Jumps off preferred foot, or feet are not together on take-off	Place markers for child to stand on at take-off
Arms not used in the jump	Arms are down by side and do not contribute to the jump	Start with arms behind them and swing them up
Body not fully extended in the jump	Brings their heels up under their bottom, legs tucked up	Use their legs in the jump. Work on straight body shape
Lands with straight legs	Legs do not bend at the ankles, knees and hips on landing	Curl back up on landing. Go from a straight shape to a small shape
Lands noisily	Lands flat-footed	Land as 'quietly as a mouse' on balls of feet

Opportunity to develop:

Coordination - Control - Spatial awareness - Leg strength

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!

Ensure...

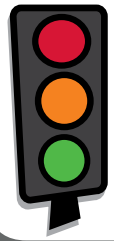
children land on the balls of their feet

children bend their legs on landing

jumping on hard surfaces is kept to a minimum

repetitive jumping is avoided

As they develop Locomotor



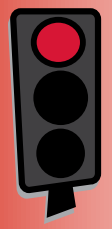
mostly x's

✓ and x

mostly ✓'s

Can you see...?

- the child demonstrating a good 'Frog Hopping' position? ☐
- the child swinging their arms initially backwards and then forwards and upwards? ☐
- the child forcefully straightening the legs on take-off? ☐
- the child's feet leaving the floor together? ☐
- the child's head looking up and their eyes focused on a target? ☐
- the child showing a straight shape in the air? ☐
- the child showing a controlled landing, landing on the balls of the feet and bending the knees? ☐
- the child landing without taking further steps? ☐



- Bend knees and then straighten, allowing heels to come off floor
- Bend knees and then straighten, encouraging child to take off from both feet and land in 'Frog Hop' position
- Face child, holding hands to assist jumping action
- Jumping spots, jump and land on the spot, jump around the spot, jump over the spot
- Explore a range of jumps typical of different animals. Ask them to demonstrate different ways that animals would jump, e.g. frog, rabbit, kangaroo



- Make curved, straight, zigzag pathways and jump along these paths
- Place coloured markers around the hall. Jump on and off and between markers
- Jump over a cone, skipping rope/soft toy. Place a coloured spot on the other side for the child to land



- Walk or run and jump without stopping
- Jump over various objects, such as lines, cones, small hurdles, go from front to back, side-to-side. Increase the height of the objects
- Jump off low benches
- Jump off low objects and land within a circle, within a hoop, rope circle
- Jump onto low benches or boxes

Jumping and Landing



- Jump and land over a small obstacle – Speed bounce, trying to complete as many as possible in a set time
- Jump quarter turn, half turn, full turn, turn in both directions
- Jump and land on a on a spot, then on a line, turn both directions remain balanced on landing
- Jump 2 to 2, 2 to 1, 1 to 2, left and right leg variations,
- Jump and perform shapes in the air – straight, tuck, star, pike, straddle
- Run and jump and land without overbalancing, using throw down markers as landing targets
- Perform 'spotty dogs' – jump into narrow lunge jump change lead leg
- Travel forwards, backwards and sideways using different jumps, combination of jumps – hopscotch
- Jump using a skipping rope
- Jump and land 2 feet close together, shoulder width apart, wider, one foot in front of the other, one foot directly behind the other,
- Jump as above but from a low obstacle
- Jump and land in response to a range of cues

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