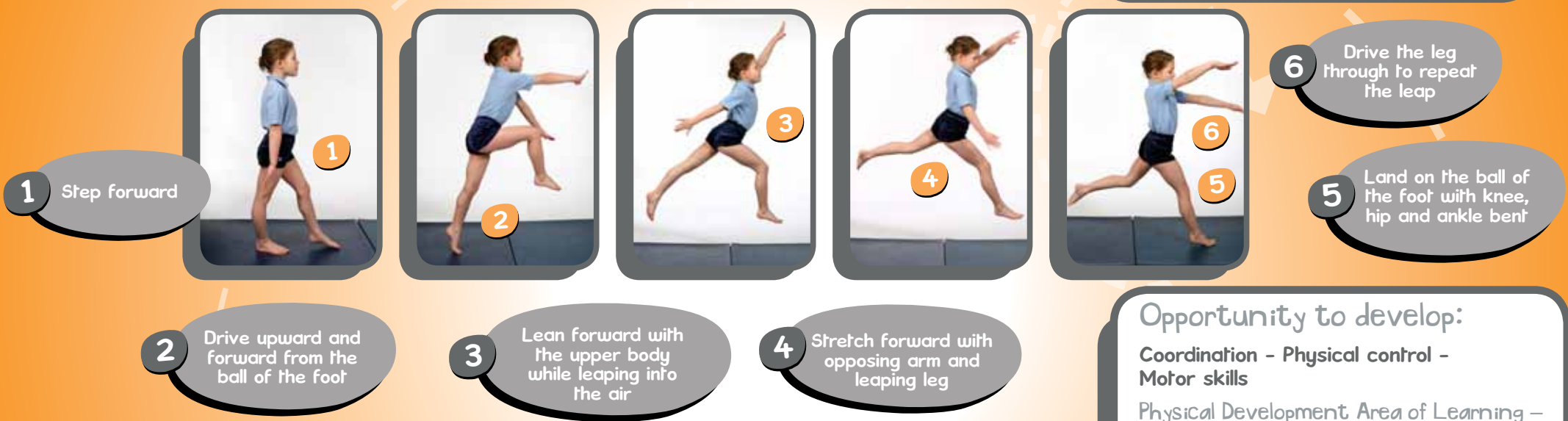


As they become more skilful
Locomotor

Leaping

Leaping is a large step taking off from one foot and landing on the other. The skill can be a single movement as in leaping over an object or used continuously. It is important for athletics, some traditional dances and some major games.



Opportunity to develop:
 Coordination - Physical control - Motor skills
 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
 repetition of leaping action is avoided on hard surfaces
 the surface is not slippery
 children bend their knees on landing

If you see...

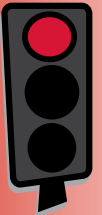
Observation	Likely cause	Solution
Fails to gain much distance in the flight phase	Takes off with a straight leg	Practise hopping into the air
Finds the push-off phase difficult	Push off from the ball of the foot	Rock back and forth from their heel to their toe. Step on to the front of their foot and extend up
Difficulty in using their arms in opposition to the take-off leg	Difficulty with coordinating arms and legs working in opposition	Practise activities that involve opposite leg and arm working together
Difficulty in stretching and reaching with the leading leg	Difficulty in coordinating initial movement which requires a run and take-off on one foot	Walk through taking little steps and encourage stretching and pointing the toe

As they become more skilful


Locomotor




mostly x's
✓ and x
mostly ✓'s



- Practise hopping – use both legs
- Travel around the hall taking off on one foot, leaping over a 'puddle' to land on other
- Walk across the room taking large steps, like a giant swinging arms in opposition
- Step forward and rock forward on to balls of feet and rock back
- Practitioner to hold child's hand to support leaping action




- Walk around the room on balls of feet and leap across cones, beanbags, ropes
- Extend up on to balls of feet with each step, arms working in opposition. Combine three leaps



- Leap for distance over cones, ropes, chalk markings
- Run and leap. Run and leap across a small area
- Leap over objects such as hurdles, boxes – increasing in height
- Leap five times, aiming to cover ever-increasing distances
- Leap rhythmically to music

Leaping



- Leap in different directions and at different speeds, then in response to a range of cues
- Leap in a strong powerful action trying to stay in the air as long as possible, gaining as much height as possible, use arms to drive upwards – bounding
- Bound in different directions and at different speeds, then in response to a range of cues
- Combine leaping, galloping and skipping in response to a range of cues, using different directions, pathways and speeds

Can you see...?

- the child demonstrating a relaxed rhythmical action?
- the child taking off on one foot and landing on the other?
- the child performing a forceful extension of the take-off leg?
- the child demonstrating a slight forward lean?
- the child showing definite arm opposition to take-off leg?
- the child's legs extended during the flight phase?
- the child taking off and landing on the ball of the foot?