

A take-off from two feet landing on both feet.



- Bend knees
- Lean body forward
- Swing arms back

- Explode with legs upward
- Swing arms forward and upward
- Extend body fully

- Land with knees bent to absorb impact
- Extend arms slightly forward to maintain balance

I can also...

- participate in standing long jump
- participate in gymnastics
- jump high at the net when playing volleyball

Self Check Questions:

- Do I crouch, swing my arms, explode and land in one fluid motion?
- Is my head lifted and focused on a target?
- Can I land with my knees bent to absorb impact?