



Jumping for Height

The vertical jump for height requires a one- or two-foot upward take-off to gain height. To achieve a good jump, your child needs to bend both knees at the preparatory stage before pushing the body up forcefully from the balls (front) of the feet while using strong arm swings to lift the body upwards.

A beginner generally would not know how to precede his jump with a preparatory crouch. Nor would he know how to generate force with the lower limbs, or how to use the arms to lift the body up.

The vertical jump is used extensively in ball games (e.g. basketball, volleyball, soccer), badminton, gymnastics, athletics and skipping.

Developmental Phases

Jumping for Height

Initial



- Preparatory crouch (body bend) is unstable, hence difficulty in taking off with both feet.
- Poor body stretch at take-off with little or no head lift.
- Arms not coordinated with body trunk and leg action. Tendency to swing backward when taking off.
- Little height is achieved, making it look like a forward jump.

Transition



- Incomplete preparatory crouch: knee-bend exceeds 90° and body leans forward too much.
- Two-foot take-off. Body does not stretch fully during flight phase.
- Ineffective use of arms for balance during jump.
- Landing point is noticeably different from take-off point.

Mature



- Body crouched with knee-bend between 60° to 90° .
- Knees straighten and arms lift upwards. This pushes body upwards into a full body stretch.
- Head tilts upward with eyes focused ahead or on target.
- Controlled landing on both feet very close to take-off point.

Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Teaching Strategies

Jumping for Height

What to do if your child...

... is unable to take off with both feet?

- Get your child to bounce up and down on both feet like a kangaroo, bending knees to take-off and to absorb impact on landing.
- When bouncing upwards, get your child to raise both hands as if he is netting a basketball.



... is not looking up or bending knees?

- Hang a target just above your child's outstretched hands. Encourage your child to bend his knees (crouch position) and jump up to touch target.
- If your child needs help, hold him at the waist and gently lift him up on count of three.



... is not swinging and lifting arms to assist jump?

- Find a wall clear of obstacles.
- Get your child to hold a piece of chalk in one hand.
- Standing sideways to wall, encourage your child to jump, stretch his hand with chalk as high as possible to mark the wall.
- Determine the highest level achieved after a few tries.



... needs to improve jump?

- Hang interesting targets at different heights (low to high).
- Get your child to jump and reach for the targets, moving from lowest to highest.



Variations in

“Can your child jump for height...?”

How the body moves	Force/Effort	Time	Flow
	- like fireworks shooting into the sky - to pluck rambutans from a tree - like a dolphin jumping out of the water	- in slow motion - and clap his hands above his head - and spin in the air	- and land in a pool of ‘super glue’ - like a puppet being pulled up and down by someone - and stop for five counts before jumping again
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	- and land on the same spot - and touch the wall with hand raised above his head - and move to a different hoop according to drumbeat	- and turn clockwise/anti-clockwise - and reach to the left/right - and reach with both hands upwards	- like a small ball shot upwards by a racquet - starting with both hands on bent knees - starting with hands behind at waist level
With whom/What the body moves	Self (body parts)/People		Objects
	- with his hands ‘tied’ to his side - at the same time with you - together with a group according to signal		- and peep over a net (above head level) - and touch a hanging target - and toss a small object into a hanging hoop

COMBINATIONS

- Lightly on the same spot continuously as if he is a puppet on a string being pulled by someone
- Slowly from a low crouch position and turn in the air at the same time with you

Activity 1

Jumping for Height

LOCOMOTOR SKILLS

WHAT YOU NEED

- Cut-out butterflies
- A hairnet
- A clothes hanger bent into the shape of a diamond



HOW TO PLAY

- Draw and cut out butterflies with your child. Hang these butterflies at different heights all around, just above your child's immediate reach. Wrap the hairnet around the bent clothes hanger to form an insect-catching net.
- Ask your child to skip around while catching butterflies with the net. Start with the lower-hanging butterflies before proceeding to the higher-hanging ones.



- Challenge him to try touching each butterfly at least three times.
- Challenge him to complete touching all the butterflies within a specific time frame.

BE AWARE

- Guide your child to reach for the butterflies. He should take off by pushing off with the balls (front) of his feet, and stretching to lift his body.

PRACTICE MAKES PERFECT

- Do this activity in a park. Your child can even try catching real butterflies with his DIY net!

Activity 2

Jumping for Height

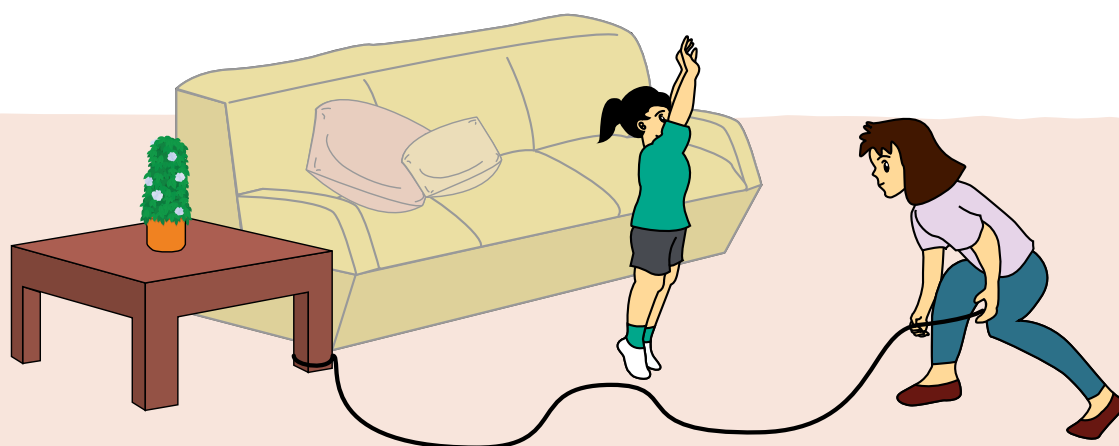
LOCOMOTOR SKILLS



- Remind your child to bend his knees on landing. This will help to absorb the landing force, minimising the risk of injury to his knees.

WHAT YOU NEED

- A rope
- A stable table or chair



HOW TO PLAY

- Tie one end of a rope to a stable table or chair. Hold the other end of the rope. Have your child jump across the rope.
- Dramatise a beach scene, with the rope representing waves. You should call out the sea condition and shake the rope accordingly. Your child must jump over the moving rope.

Sea condition	Variations of shaking the rope
The sea is gentle	Shake the rope sideways to make waves
The sea is choppy	Shake the rope up and down to make waves
The tide is low	Hold the rope a short distance above the ground
The tide is high	Hold the rope high above the ground

BE AWARE

- Encourage your child to bend his knees before take-off. Bent knees will help his body gain greater take-off power during a jump.

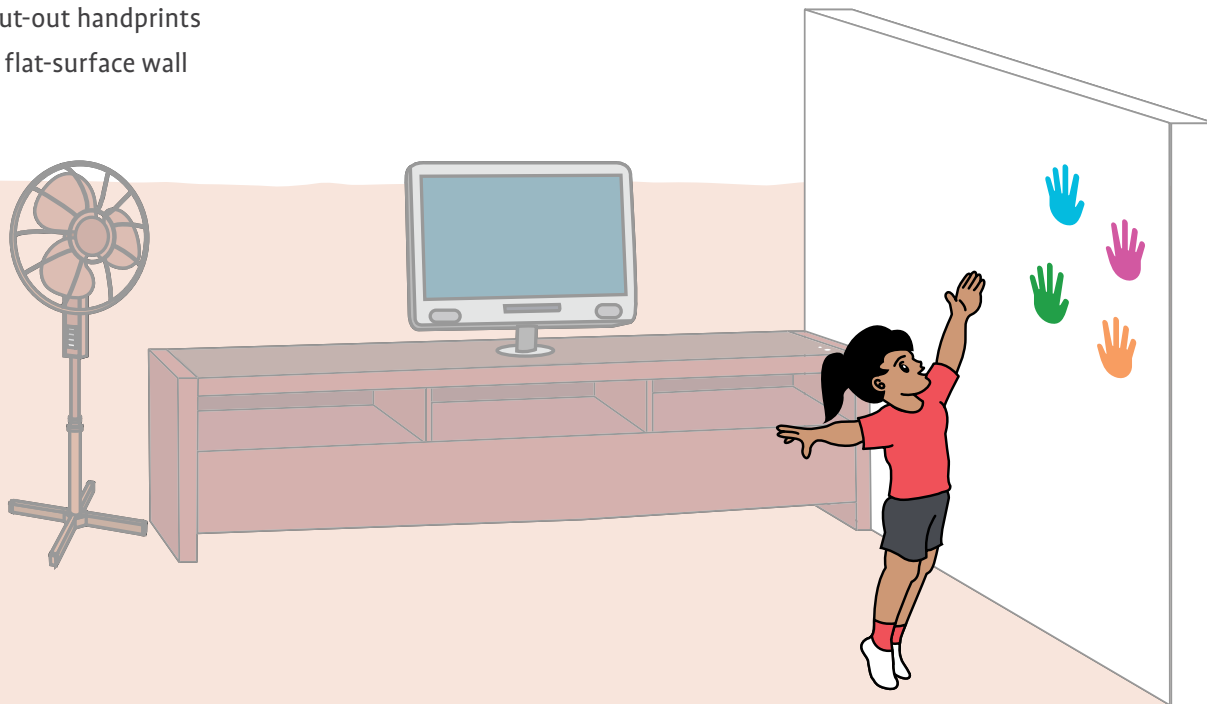
Activity 3

Jumping for Height

LOCOMOTOR SKILLS

WHAT YOU NEED

- Cut-out handprints
- A flat-surface wall



HOW TO PLAY



- Draw and cut out handprints with your child. Stick these handprints at different heights along a wall. Have your child jump and give the handprints high fives.

- Challenge your child to give every handprint a high five within a specific time frame.

BE AWARE

- Encourage your child to swing his arms forward and extend his legs. This will help him achieve really good high fives.