



# Skill Card 9

## Teach kids to Leap

The leap is a locomotor movement characterised by a take-off on one foot, a long flight phase and a landing on the opposite foot. Although it is an extension of the sprint run, it differs in that it is a discrete skill with a clear beginning and end point. It is basic to everyday activities such as playground games, team activities and jumping obstacles. It is also used in gymnastics, dance and athletics.

### What to look for:

- Eyes focused forward throughout the leap
- Knee of take-off leg bends
- Legs straighten during flight
- Arms held in opposition to the legs
- Trunk leans slightly forward
- Lands on ball of the foot and bends knee to absorb landing





# GAMES CARD

9

## Fun Leaping Games

**Leap the River** (↑ ↗ •) – use ropes, chalk or tape to mark out two lines. Mark lines in V shape to allow attempts at wider spots. Toy animals can be crocodiles in the river. For a fun game one partner chooses where to jump from. If they don't make it they lose a life. If they make it the other person jumps from the same spot. Take turns.

**Fly** (↑ ↗ •) – Place a series of objects in a row on the grass. Try to run over each object placing one foot only between each object. If successful they take one more step and move one of the objects to where they landed. How far can you make the line of objects?

**Tap the Top** (↑ ↗ •) – Hang an object from a string from a tree limb or other structure. Hoist it up and see how high you can go with a running leap (2-3 step run up).

**Obstacle Leap** (↑ ↗ •) – Place a variety of objects (clothing, shoebox, hoop) to form a course to leap through. Encourage leaping alternating the leading foot.

**KEY:** ↑ = can be played by one person, ↗ = needs more than 1 player, ↗ = some equipment needed, • = organisation required, ↑ = can be played inside