

I CAN

JUMP WITH CONTROL

PHYSICAL LITERACY LOCOMOTORS

SUCCESS CRITERIA

JUMPING FOR DISTANCE

ARMS SWING BACK BEHIND THE BODY IN PREPARATION
PREPARATORY CROUCH POSITION IS DEEPER AND MORE
CONSISTENT

ARMS SWING FORWARD WITH FORCE DURING TAKE-OFF
REACHING UP HIGH

ANKLES, KNEES AND FEET EXTEND FULLY AT TAKE-OFF
BODY LEANS FORWARD AT LANDING

GRADES K-2

Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 3-5

Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments

GRADES 6-7

Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments



I CAN

JUMP WITH CONTROL

PHYSICAL
LITERACY
LOCOMOTORS

LEARNING CUES

JUMPING FOR DISTANCE

- BEND KNEES – CROUCH POSITION
- SWING ARMS BACK, THEN QUICKLY FORWARDS
- EXPLODE FORWARDS FROM CROUCH POSITION
- PUSH OFF FROM TOES
- TOES ARE THE LAST BODY PART TO LEAVE THE GROUND
- LAND WITH KNEES BENT TO ABSORB THE SHOCK

