

# I CAN

## JUMP WITH CONTROL

### PHYSICAL LITERACY LOCOMOTORS

#### SUCCESS CRITERIA

#### JUMPING FOR HEIGHT

KNEES ARE BENT AT LEAST 90 DEGREES IN PREPARATORY CROUCH

FEET AND LEGS ARE EXTENDED IN FULL AND FAST

UPWARD ARM LIFT IS COORDINATED WITH LEG ACTION

HEAD IS LIFTED AND FOCUSED ON TARGET

BODY IS FULLY EXTENDED

LANDING IS CONTROLLED AND CLOSE TO TAKE-OFF POINT

#### 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 HEIGHT

- BEND KNEES – CROUCH POSITION
- 'EXPLODE' UPWARDS
- SWING YOUR ARMS UPWARDS QUICKLY
- STRETCH AND REACH
- LAND WITH KNEES BENT TO ABSORB THE SHOCK

