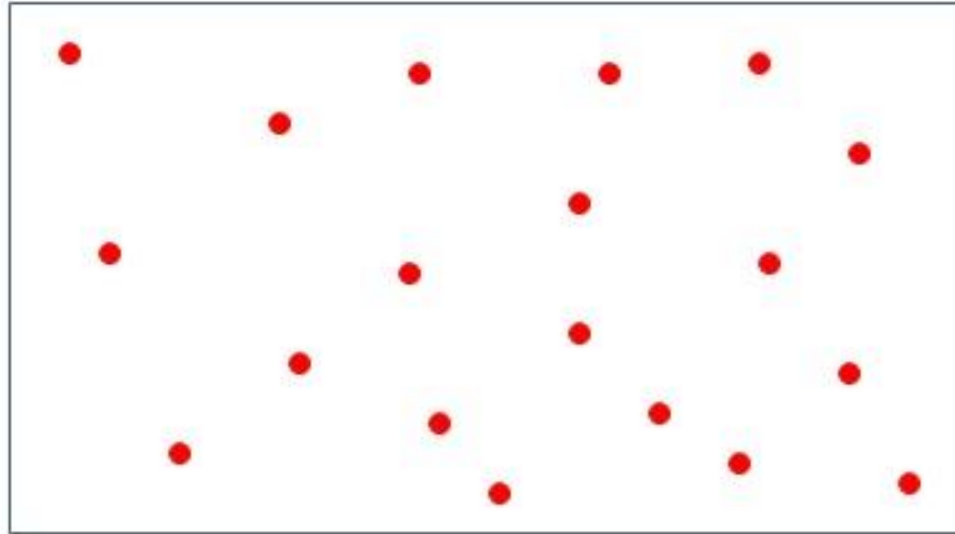


# Exploring Running, Jumping & Landing



- a. Organise an area large enough for the whole class to run simultaneously, in various directions and safely at a steady pace.
- b. Place soft dome cones randomly in the area for children to jump over.
- c. Leave sufficient space between cones to avoid children colliding.
- d. Running anywhere in the space, jump over the cones, using different takeoffs and landings.
- e. Encourage a steady, sustainable pace and low intensity jumps.
- f. Emphasise safety and the need to make decisions that will avoid collisions.
- g. Stress that when running in various directions, look ahead and not down at the cones.
- h. Call out different takeoffs and landings: 2-1; 1-2; 2-2; 1-same; 1-other.
- i. Focus children on safe landings, i.e. bend knees to absorb body weight, flat-footed, hips low and over the feet, looking ahead.