

Vertical Jump



Approach: Open space

Level: Year 4 and year 8

Focus: Jumping.

Resources: 4 bibs.

Questions/instructions:

Stand on the mark — knees slightly bent.

Jump as high as you can, swinging your arms above your head.

Have 3 goes - the first is a practice jump.



		% responses	
		y4	y8
	uncoiled strongly from a crouch	96	94
	swung arms from behind body to above head	78	79
	landed on balls of feet	68	76
	bent legs to absorb impact	88	89
Height gain:	substantial (e.g. 20–30cm)	7	19
	moderate (e.g. 15cm)	90	80
	little	3	1
Total score:	6	6	16
	5	46	42
	4	29	29
	3	15	10
	0-2	4	3

Commentary:

There was little difference in technique between year 4 and year 8 students, but the greater height and strength of the year 8 students probably gave an advantage in height gain.