Level: Year 4 and year 8

% responses **y4 y8**

Vertical Jump



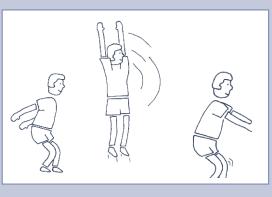
Jumping. Resources: 4 bibs.

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.



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.