

# Landing

*Approach:* Open space

*Level:* Year 4 and year 8

*Resources:* None



## Instructions

1. Start running from the marker.  
(You run 4 metres)
2. Jump over the line.
3. Land and balance on one foot.  
Hold for the count of 3.  
You have 2 goes.

**Balance & control:** very good

good

moderate

poor

**Foot movement after landing:** none

slight

hopping / stepping

% responses

y4

y8

9

21

31

35

37

33

23

11

15

28

18

24

67

48

## Commentary

Probably because year 8 students usually jumped substantially further than year 4 students, from a faster run, the improvement in scores from year 4 to year 8 was not that large.