

## Peke Whakarunga — Vertical Jump

**Approach:** Open space

**Focus:** Jumping.

**Resources:** 4 bibs.



### Questions/instructions:

Stand on the mark — knees slightly bent.

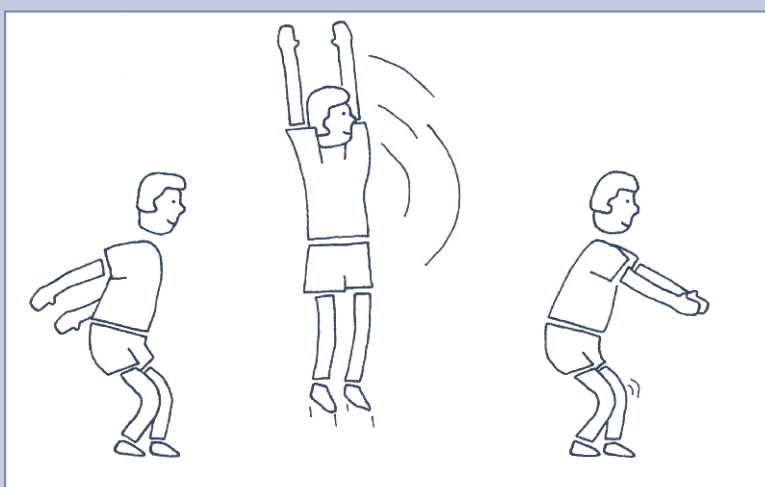
E tū i te tohu — me āhua piko ngā turi.

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

E peke kia teitei rawa atu, me te piupiu ō ringa ki runga ake i tō mahunga.

Have 3 goes - the first is a practice jump.

Kia 3 ngā wā - ko te mea tuatahi he whakamātau.



		% responses	
		GE <sub>d</sub>	MI
uncoiled strongly from a crouch		96	97
swung arms from behind body to above head		82	86
landed on balls of feet		77	91
bent legs to absorb impact		88	91
<b>Height gain:</b>	substantial (e.g. 20–30cm)	19	14
	moderate (e.g. 15cm)	81	83
	little	0	3

		% responses	
		GE <sub>d</sub>	MI
<b>Total score:</b>		6	16
		14	55
		25	6
		0	0

### Commentary:

The results achieved by Māori students in general education (GE<sub>d</sub>) settings and students in Māori immersion (MI) settings were not statistically significantly different.