

JUMP HIGH LAND STRONG

SCORECARD

BEST SCORE IS 0. SCORE 1 FOR EACH AREA OF FORM WHICH NEEDS IMPROVEMENT

POSITIVE EXAMPLES



- **Arms** relaxed and in ready to catch position
- Middle of **trunk** is aligned over feet



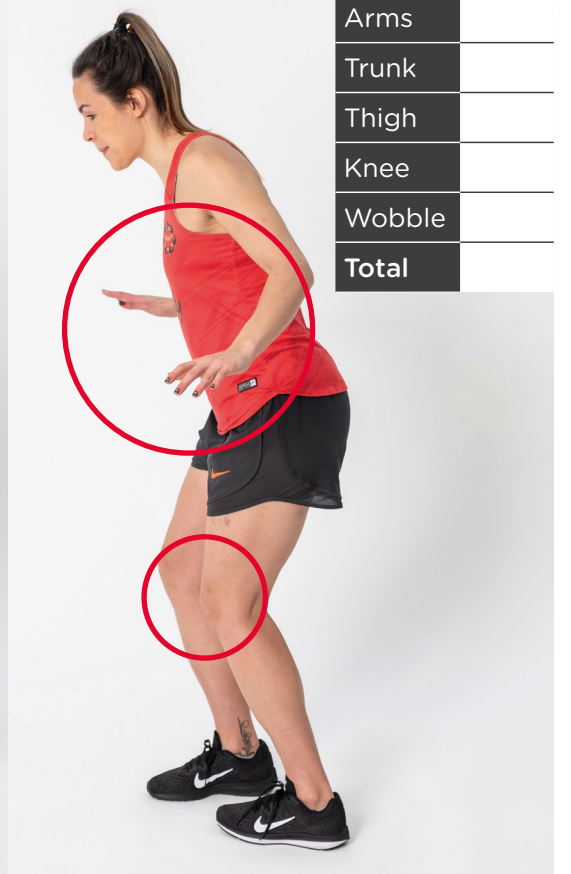
- **Thigh** and **lower leg** lined up vertically, **knee** pointing forwards
- **Knees** bent so at least a 90° angle between thigh/lower leg
- Stick the **landing** with no excessive movement

DOUBLE LEG LANDING

NEGATIVE EXAMPLES



- **Arms** held out to side, or flapping about
- Middle of **trunk** is to side or in front of feet



- **Thigh** not vertical, **knee** pointing inwards not forwards
- **Knee** hardly bends on land, landing still looks stiff at knee
- Lose balance on **landing**, **wobble** on landing demonstrates lots of movement

POSITIVE EXAMPLES



- **Arms** relaxed and in ready to catch position
- Middle of **trunk** is aligned over foot



- **Thigh** and **lower leg** lined up vertically, **knee** pointing forwards
- **Knees** bent so at least a 90° angle between thigh/lower leg
- Stick the **landing** with no excessive movement

SINGLE LEG LANDING

NEGATIVE EXAMPLES



- **Arms** held out to side, or flapping about
- Middle of **trunk** is to side or in front of feet



- **Thigh** not vertical, **knee** pointing inwards not forwards
- **Knee** hardly bends on land, landing still looks stiff at knee
- Loose balance on **landing**, **wobble** on landing demonstrates lots of movement