

Jumping Stations

You will need: cones, benches, gymnastic mats & spot markers

- Revise Jumps - Tuck jump & star jump
- Discuss jumping safely (bending knees to land, chest should be up, hands do not touch the floor).
- Set up 5 jumping stations, divide students into teams with teams rotating around the stations:
- **Station 1:** Tuck jump from a bench
- **Station 2:** Star jump from bench
- **Station 3:** Walk along bench and tuck jump off
- **Station 4:** Walk along bench and tuck jump off
- **Station 5:** backward rock

Station 1

Movement Skill: Tuck jump from a bench



- 1. Start in a Stretch Stand position.**
- 2. Lower arms and bend knees. Swing arms up towards ears and jump off the floor.**
- 3. Once at the top of the jump, tuck knees up towards body (forming a Tuck Shape in the air). Release knees and stretch legs down towards the floor.**
- 4. Bend knees to absorb the landing, arms stretched out in front of body**

Station 2

Movement Skill: Star Jump from Bench



- 1. Start in a Stretch Stand position.**
- 2. Lower arms and bend knees. Swing arms out horizontally and jump off the floor.**
- 3. Once at the top of the jump, legs and arms to stretch out straight (forming a Star Shape in the air).**
- 4. Release knees and stretch legs down towards the floor.**
- 5. Bend knees to absorb the landing, arms stretched out in front of body.**

Station 3

Movement: Walk Along a Bench & Tuck Jump Off.



- 1. Bunny hop onto your bench.**
- 2. Walk like an astronaut (arms out wide on tiptoes) along the bench.**
- 3. When you reach the end of the bench stand in a Stretch Stand position.**
- 4. Lower arms and bend knees. Swing arms up towards ears and jump off the floor.**
- 5. Once at the top of the jump, tuck knees up towards body (forming a Tuck Shape in the air).**
- 6. Release knees and stretch legs down towards the floor.**
- 7. Bend knees to absorb the landing, arms stretched out in front of body.**

Station 4

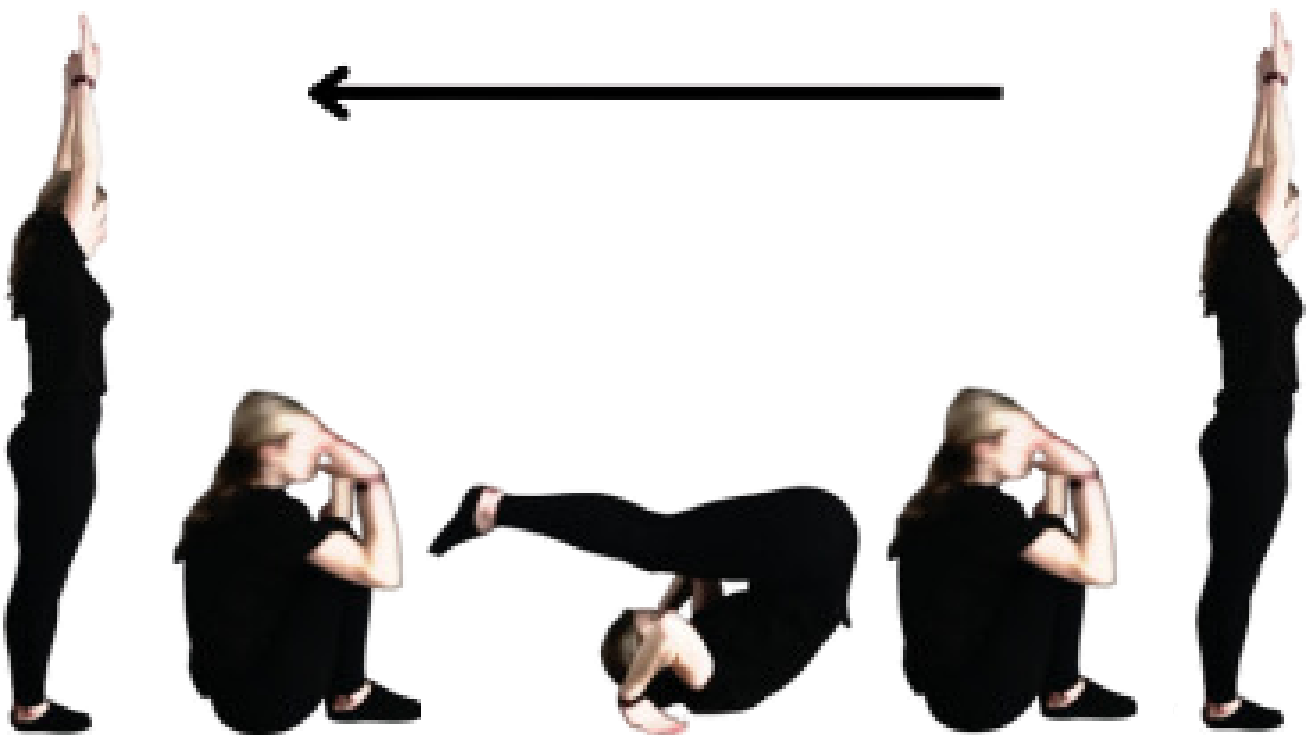
Movement: Walk Along a Bench & Star Jump Off



- 1. Bunny hop onto your bench.**
- 2. Walk like an astronaut (arms out wide on tiptoes) along the bench.**
- 3. When you reach the end of the bench stand in a Stretch Stand position.**
- 4. Lower arms and bend knees. Swing arms out horizontally and jump off the floor.**
- 5. Once at the top of the jump, legs and arms to stretch out straight (forming a Star Shape in the air).**
- 6. Release knees and stretch legs down towards the floor.**
- 7. Bend knees to absorb the landing, arms stretched out in front of body.**

Station 5

Movement: Backward Rock



- 1. Start in a Stretch Stand position.**
- 2. Sit down into a tuck shape, rocking backwards and placing palms flat next to ears.**
- 3. Try to tuck your knees to your chin in as you roll**
- 4. Continue the momentum backwards, lifting bum and hips from the floor. Use hands to push body back and roll back to seated tucked position.**
- 5. Try to stand back up onto your feet after you have rolled.**