

Stage 1



Key Points at Each Stage

1. There is little use of the arms
2. The push-off with the legs is weak
3. The arms are not working together (not synchronized)
4. The push is mostly off one leg, not the two together

To Move to the Next Stage

1. Push with both legs
2. Lean forward to take off

Cue Words

- Push hard
- Lean forward

Stage 2



1. The arms don't swing forcefully up over the head
2. The legs are not fully extended at take-off
3. There is no arm backswing

1. Swing the arms back, then vigorously forward and up; the arms are above and in front of the head
2. There is an explosive push with both legs
3. Lean forward

- Arms back
- Swing arms and push
- Explode with legs

Stage 3



1. There is a full backswing
2. The legs extend forcefully and work together
3. The arms are above the head at take-off
4. The legs come through for the landing

Preparation Force Production Critical Instant Take-off Recovery/Follow-through

Participants with a Disability

Locomotor

For wheelchair users, jumping is not possible. For other locomotor disabilities, consult with the athlete/child/caregiver to ensure safety.

Sensory

For individuals with a visual disability, initially provide balance support, and then reduce this support gradually as the athlete/child/caregiver directs.

Intellectual

For individuals with an intellectual disability, keep instructions brief and simple. Demonstrate rather than explain, and review instructions frequently.