

Jumping for Distance
Long Jump and Standing Long Jump

Beginner	Developing (RUN School Rabbits)			Practising (RUN School Run)				Emerging (Athletes)		
	White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
17. Long Jump And Standing Long Jump	17a) Demonstrate various jumps in response to instructions	17a) Use backward to forward arm swing to increase jumping distance	17a) Identify preferred take off leg	17a) Demonstrate fast controlled approach with limited run up: 10-12 strides	17a) Achieve optimum speed after a controlled run up	17a) Perform a consistent sprint technique on the approach run.	17a) Demonstrate minimum bending of the take-off leg	17a) Sail technique: Hold thigh parallel to the ground during flight phase	17a) Demonstrate basic technical competence of Hang technique.	
	17b) Demonstrate soft landing – bending at the knees to cushion impact	17b) Jump for distance from two feet to two feet	17b) Use a short run to jump from one foot to two feet	17b) Demonstrate ‘Active’ flat foot at take off	17b) Drive the free knee forwards and up	17b) Take off with power and control after a fast run up	17b) Bring arms above head during flight phase	17b) Arms reach for toes just before landing and trunk is bent forwards	17b) Demonstrate plyometric ability using jumping, hopping and bounding drills	
	17c) take off, and land in, different positions	17c) Demonstrate control and balance on landing – feet shoulder width apart; Centre of gravity over base.	17c) Demonstrate soft controlled and landing into sand pit	17c) Demonstrate basic head up, chest up, drive forwards and up.	17c) Keep body upright and hips high at take off	17c) Demonstrate full extension of hip, knee and ankle joint at take off	17c) Bring legs forward together prior to landing	17c) Collapse body forwards or sideways pulling heels into the sand and hips towards heels	17c) Analyse own jumping technique and that of others	
		17d) Jump for distance from one foot to two feet	17d) Focus is forwards not downwards	17d) demonstrate awareness of the take off point	17d) Keep a tall upright body position in flight phase of jump	17d) Hold take off extension during early flight	17d) Reach legs out in front at landing	17d) Bound with fluency and control	17d) Performance of good technique in competition conditions	
17e) Move body parts in an effective order to aid jump distance and efficiency	17e) Mark out basic run up to achieve optimal speed and accuracy	17e) Judge distances accurately	17e) Land with heels first, and bend knees to absorb momentum	17e) demonstrate understanding of flight techniques through jumping off a raised surface						

Multiple Jumps

Triple Jumps, Standing triple jumps & Hopscotch

18. Triple Jumps

And Standing Triple Jump

Beginner	Developing (RUN School Rabbits) 			Practising (RUN School Run) 			Emerging (Athletes) ATHLETE		
White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
	18a) Demonstrate all of Long Jump Red	18a) Demonstrate all of Long Jump Yellow	18a) Demonstrate all of Long Jump Green	18a) Demonstrate all of Long Jump Purple	18a) Demonstrate all of Long Jump Blue	18a) Demonstrate all of Long Jump Black	18a) Demonstrate all of Long Jump Bronze	18a) Demonstrate all of Long Jump Silver	18a) Demonstrate all of Long Jump Gold
	18b) Perform hop and jump combinations with balance and control	18b) Demonstrate a basic Hopscotch technique with control and balance	18b) Demonstrate basic triple jump sequences from short run up with rhythm, balance and control	18b) Active take off foot through each phase (See long jump section 17 stage 5 blue)	18b) Identify optimal distance between markers to maintain even jump pattern within triple jump grid	18b) Demonstrate full extension of hip, knee and ankle jump at take off in each phase of the jump	18b) Bring take off leg through with thigh parallel to the group in Hop phase	18b) Perform a basic triple jump off a maximum of 8 strides	18b) Fluency and consistency of technique
	18c) Link multiple step/jump combinations with balance and coordination	18c) Demonstrate basic hop, step and jump movements with speed and balance from stationary position	18c) Perform combination jump sequences with rhythm, balance and control	18c) Maintain even jump pattern between markers within triple jump grid	18c) Maintain a tall upright body position throughout jump phases	18c) Demonstrate the ability to keep the head and hips high and body upright throughout the jump phases	18c) Drive knee high and hold it high and parallel to ground during flight in Step phase	18c) Demonstrate speed with even rhythm balance and range throughout the three phases	18c) Demonstrate perception and the ability to adjust
		18d) Hop for distance	18d) Move body parts in effective order to aid hop and step distance and efficiency	18d) Move body parts in an effective order to maximise hop and step distance and efficiency	18d) Use arms to balance leg action	18d) Demonstrate controlled vigorous use of arms to aid balance, distance and power	18d) Demonstrate an 'active' free leg	18d) Demonstrate gradual increase in height at each phase	18d) Performance of good technique in completion conditions

Jumping for Height

High Jump, Pole Vault and Vertical Jump

Beginner	Developing (RUN School Rabbits)			Practising (RUN School Run)			Emerging (Athletes)		
									
White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
19. High Jump And Vertical Jump	19a) Use Jumping combination to move around a space	19a) Jump quickly from side to side showing coordination and balance (speed bounce)	19a) Jump from side to side with balance, speed and rhythm	19a) 'Scissor' over increased height from a short curved run up	19a) Two footed 'Standing Flop' demonstrate safe landing	19a) Two footed 'Standing flop' demonstrate safe landing	19a) Demonstrate the 'A' position on take off	19a) Demonstrate Fosbury Flop technique with increased speed on approach	19a) Moderately lowers centre of mass in penultimate stride
	19b) Bend then extend at the knees and ankles to aid jumping for height from standing position	19b) Bend then extend at the hips, knees and ankles and use active backwards to upwards arm swing action to aid jumping for height from standing position	19b) Move body parts in an effective order to aid jumping height and efficiency	19b) Scissor technique Keep the head and upper body tall and upright – do from both sides	19b) Scissor and basic Fosbury Drive vertically at take-off, demonstrating active use of arms to aid jumping technique	19b) Scissor and Basic Fosbury Demonstrate acceptable extensions of hip, knee and ankle joint at take off	19b) Clearance occurs approximately over the middle of the bar at the highest point of the jump	19b) Demonstrate an 'Active' foot plant at take off with quick and flat, down and back action	19b) Knees are spread to allow for greater body arch
	19c) Demonstrate a soft landing, landing flat-footed and bending at the knees to cushion impact	19c) Demonstrate control and balance on landing – feet shoulder width apart, Centre of Gravity over base of support and landing flat-footed	19c) Use a short run to jump one footed for height; reaching for a basketball hoop or cross bar	19c) Scissor technique Drive the free leg up and over the bar, keeping the leg bent	19c) Scissor and basic fosbury: drive the inside knee upwards to 90o at take off	19c) Stay tall and upright during and after take off	19c) Lift legs clear of the bar and lands safely with the mid-upper back touching down first	19c) Push hips upwards to 'arch' over the bar	19c) Analyse own jumping technique and that of others

		19d) Run in and out of cones with adequate control and balance	19d) Run in and out curved line and figure of 8's with reasonable speed, good balance and control	19d) Run in and out curved lines with speed, balance and control; accelerating into each curve	19d) Scissor technique Always land on the lead foot	19d) Demonstrate spatial awareness in clearing the bar with scissors technique	19d) Run tall, with correct upright trunk posture throughout the whole approach	19d) Use daa, da, da rhythm for the last three contacts	19d) Accelerate into the jump with the feet in front	19d) Performance of good technique in completion conditions
				19e) Perform a basic scissor jump over mini hurdles from a short run-up	19e) Run with control around a 'J' curve jumping for height at end of 'J'.	19e) When running round the curve, demonstrate a natural lean away from the bar	19e) Uses a J shaped run-up of between 5-9 strides. The final 4-5 strides are on a curve	19e) Leading arm reaches up and stops in flight phase		

Jumping for Height

High Jump, Pole Vault and Vertical Jump

20. Pole Vault

Beginner	Developing (RUN School Rabbits) 			Practising (RUN School Run) 			Emerging (Athletes) ATHLETE		
White	Red Stage 1	Yellow Stage 2	Green Stage 3	Purple Stage 4	Blue Stage 5	Black Stage 6	Bronze Stage 7	Silver Stage 8	Gold Stage 9
				Carry Position	Step and Swing	Swing into Sand Pit & Plant drills	Short Run and swing into Sand pit	Short run up and swing onto Mat	Medium run up and swing onto mat
				20a) Hold the pole with hands shoulder width apart	20a) Undertake a push/plant drill on ground	20a) Pole is held above and just in front of the forehead, with both palms facing forward and with the pole tip 30cm from the ground	20a) Start the plant by curling and pressing the pole in a forward and upward direction two strides from take off	20a) The wrist of the lower hand is higher than the elbow when planting	20a) Perform Black to Silver criteria with increased speed and extended run up
				20b) Pole is held in 'V' formed by thumb and first finger of right hand	20b) Demonstrate relaxed running technique and good upright posture when carrying the pole	20b) Full extend hip, knee and ankle at take off	20b) Keep body upright, with shoulders square to the front and forward focus	20b) Drive chest and arms upwards and forwards in plant phase	20b) Turn to and push away from pole onto mat after swing through
				21c) Left hand is placed above the right hand, with the thumb closest to the body and elbow underneath the wrist	21c) Step into and swing on the pole with control	21c) From two stride approach, swing on the pole into a sand pit with control	21c) From four stride approach, jump and swing on the pole into a sand pit with control	21c) Drive the free knee forwards and upwards in plant and take off phases	21c) Foot plant is flat and active, and uses a quick "down and back" motion
				21d) Keep pole tip high to start	21d) Maintain a firm upper hand grip throughout the swing, with the pole moving forwards at the times	21d) Land on feet, and bend knees to cushion impact	21d) From swing position, land on front foot and run on	21d) Keep top arm straight throughout the plan and swing	