



Jumping: Straddle Jumps

Equipment:

Box steps x2.

Set-up:

Have the 2 box steps set next to one another.

Description:

This exercise will help develop lower body stability and leg power along with balance and co-ordination. This activity will see the student straddle the box to begin, followed by the student jumping onto the box and raising arms into the air.

Instructions:

The activity begins with both students straddling their respective boxes. On the coach's command to begin the activity, the student will jump so that both feet land on the box. The student will extend both arms into the air as they jump onto the box. They then jump back off the box into the starting straddle position. This activity is a race to 20.

Scoring:

The student that wins the most match-ups will score a 3, the runner-up scores a 4, and all others in the group score a 5.

