

# **Jumping/Landing**

## **K-5 Physical Education**

### **Benchmarks**

#### **Kindergarten**

1. Is able to jump and land with bent knees and hips.
2. Is able to jump and land in different pathways.
3. Is able to jump and land using different patterns in general space.

#### **Grade One**

1. Is able to jump for height and distance.
2. Is able to jump for height and distance in general space.
3. Understands purpose of swinging arms hard to assist with jumping higher and farther.

#### **Grade Two**

1. Is able to jump over low obstacles.
2. Is able to jump over hoops and hurdles in general space.
3. Is able to use proper jumping form by pushing off the ground with the balls of feet.

#### **Grade Three**

1. Is able to jump and land rhythmically.
2. Is able to jump and land forming body shapes during flight.
3. Is able to jump and land in rhythmical sequences in general space.

#### **Grade Four**

1. Is able to jump over a swinging rope.
2. Is able to jump a self-turned rope in self-space.
3. Is able to jump a turned rope in self-space.

#### **Grade Five**

1. Understands the importance of bending knees and hips on both take offs and landings.