

RHYTHM JUMPING

- Have group form a circle with feet hip width apart and knees slightly bent - weight on balls of feet maintaining a neutral spine.
- Nominate a student who starts jumping on the spot with two feet.
- Keep head up and land softly / quietly as possible.
- After a few bounces the next person in the circle starts bouncing in time and so on.
- With each person added the group chants the number of the student e.g. One, bounce bounce, bounce - Two, bounce, bounce, bounce - Three etc.... If the rhythm is upset start again with the last person to join.

Benefits

- Improves moving through the air and landing safely.
- Strengthens muscles and ligaments around thighs, knees and ankles.
- Improves rhythm and timing.
- Activates the cells in the body.
- Warms up body and prepares for more challenging jumps.

Beginners Advice

- Soften the backs of your knees and shoulders.
- Allow yourself to bounce like a spring with ease and consistency.

Challenge

- Hopping on one leg and then alternating.
- Eyes closed.

Adjustments / What to look for

- Landings should be soft - listen for heavy or pounding feet.
- Explore capacity.
- Relaxed shoulders, fingers and faces.