

A take off from one foot landing on the same foot.



- Stand on one foot with the other leg flexed at the knee
- Swing both arms back at the same time as the flexed leg swings back
- Swing both arms forward and upward
- Push off from toes of standing leg and swing flexed leg forward to produce force
- Land softly on the ball of the foot with the knee bent to absorb impact

I can also...

- participate in triple jump
- perform a hip hop dance
- jump rope

Self Check Questions:

- Am I moving my arms and swing leg together in one fluid motion?
- Do I land on the same foot as I take off from?
- Do I use my arms to help produce force?