

Scan the QR code for  
visual demonstration.



What did you learn  
about leaping?

What can you do at  
home to master this  
skill?

# Super Leap

1. Take off from one foot
2. Land on the opposite foot
3. Controlled landing without losing balance.
4. Forward movement sustained throughout the leap.



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# Super Jump

What did you learn  
about jumping?

What can you do at  
home to master this  
skill?



1. Ankles, knees and hips bend.
2. Head up, trunk is behind the body
3. Arms swing from behind the body.
4. Legs forcefully extend.
5. Arms swing forward and up in time with the leg action
6. Ankles, knees and hips bend on the landing.

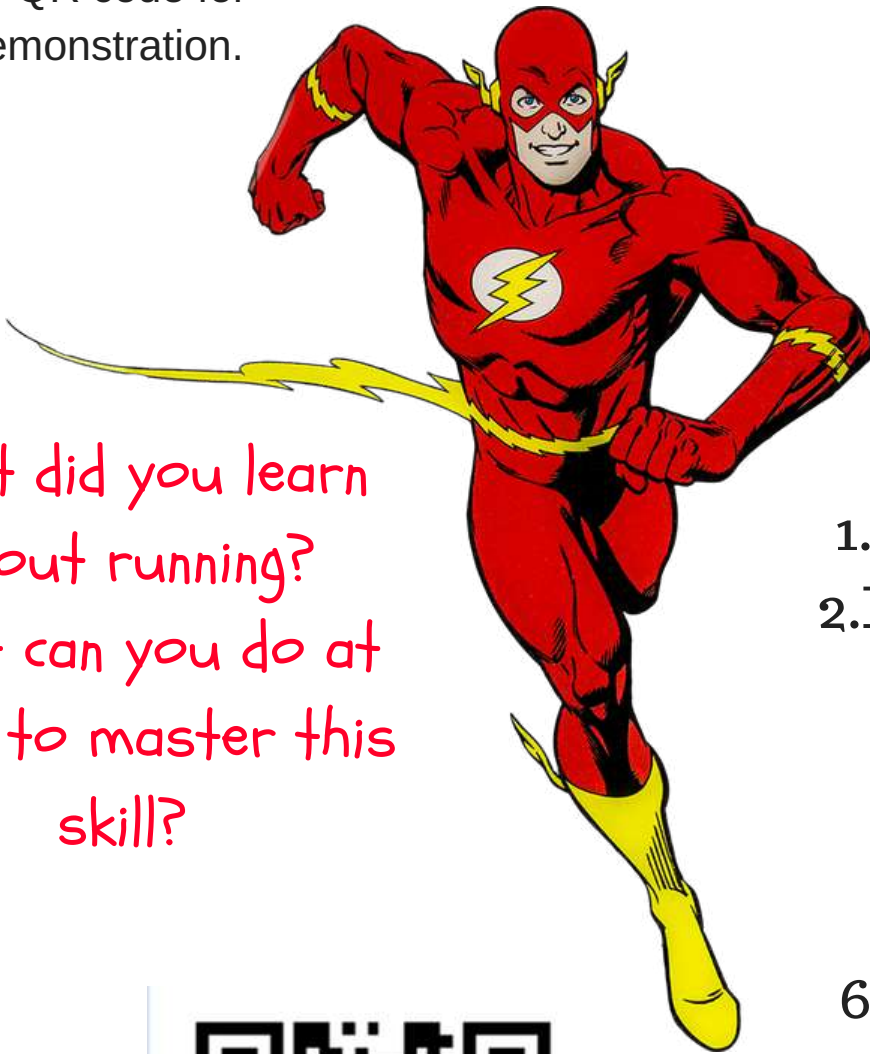


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# Super Run

What did you learn  
about running?  
What can you do at  
home to master this  
skill?

1. Feet land along a narrow path.
2. Foot flicks right back and a high knee lift.
3. Head and trunk are stable
4. Eyes focussed forwards.
5. Elbows bent at 90 degrees.
6. Arms drive vigorously forward and backward



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# Super Hop

1. Support leg bends on landing then straightens to push off.
2. Take off and land on the same foot.
3. Swing leg moves in rhythm with support leg.
4. Head and trunk are stable with eyes focussed forward.
5. Arms bent and move to assist leg action.
6. Able to hop on both right and left legs



What did you learn about hopping?  
What can you do at home to  
master this skill?



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# Super Skip

1. Shows a rhythmical step hop.
2. Lands on ball of the foot.
3. Knee of support leg bends to prepare for hop.
4. Head and trunk stable, eyes focused forward.
5. Arms relaxed and swing in opposition to legs



What did you learn  
about skipping?  
What can you do at home  
to master this skill?