



Dynamic Balance: Jumping and Landing
Progression of skills, knowledge
and vocabulary



PROGRESSION OF SKILL

PROGRESSION OF KNOWLEDGE

PROGRESSION OF VOCABULARY

Declarative

Procedural

Key Vocabulary

Skill progression

1. Jump from 2 feet to 2 feet forwards, backwards and side- to-side with...

- good take off and height.
- balance and control on landing.
- soft landings.

- Bend knees on take-off and landing.
- Keep feet a shoulder width apart.
- Keep head up and land on balls of feet.

- width
- take-off
- balance
- jump

1. Jump from 2 feet to 2 feet with quarter turn in both directions with...
2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot) with...

- good take off and height.
- balance and control on landing.
- soft landings.

- Swing arms to help gain height and use them to help balance on landing.
- Bend knees on take-off and landing.
- Try to land softly without noise.

- swing
- height
- control
- landing (soft)

Expected - end of Key Stage 1

1. Jump from 2 feet to 2 feet with 180° turn in either direction with...
2. Complete a tucked jump.
3. Complete a tucked jump with 180° turn in either direction with...

- good take off and height.
- balance and control on landing.
- soft landings.

- Swing arms to help gain height and use them to help balance on landing.
- Keep head up on landing.
- Bend knees on landing.

- straight
- dynamic
- balls of feet
- momentum

Expected - end of lower Key Stage 2

1. Jump 2 feet to 2 feet forwards, backwards and side-to-side with...
2. Hop forward and backwards, freezing on landing with...
3. Jump 1 foot to other forwards and backwards, freezing on landing with...
4. Hop sideways, raising knee and freezing on landing with...
5. Jump 1 foot to other sideways, raising knee and freeze on landing with...

- good take off and height.
- balance and control on landing.
- soft and controlled landings.

- Swing arms to help gain height and use them to help balance on landing.
- Bend knees on take-off and landing.
- Land softly on balls of feet without noise, facing forward.

- maintain
- forwards
- freeze
- backwards
- side-to-side
- maintain

Skill progression

Expected - end of upper Key Stage 2

1. Jump 2 feet to 2 feet with a 180° turn in the middle (both directions) with...
2. Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions) with...
3. Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides) with...

- good take off and height.
- balance and control on landing.
- soft and controlled landings.

- Swing arms to help gain height and use them to help balance on landing.
- Bend knees on take-off and landing and use arms to help you balance.
- Keep centre of gravity over base of support on landing.

- vertical
- stance
- turn
- tuck
- lunge
- beam
- directions
- raising
- 180° - half turn
- gravity

1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides) with...
2. Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides) with...
3. Jump 2 feet to 2 feet with 360° turn (in both directions) with...

- good take off and height.
- balance and control on landing.
- soft and controlled landings.

- Swing arms to help gain height and use them to help balance on landing.
- Pick a spot to focus on when you jump and turn.
- Adjust centre of gravity to keep it over base of support when using the ball.

- position
- 360° - full turn
- adjust
- centre
- spot



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