



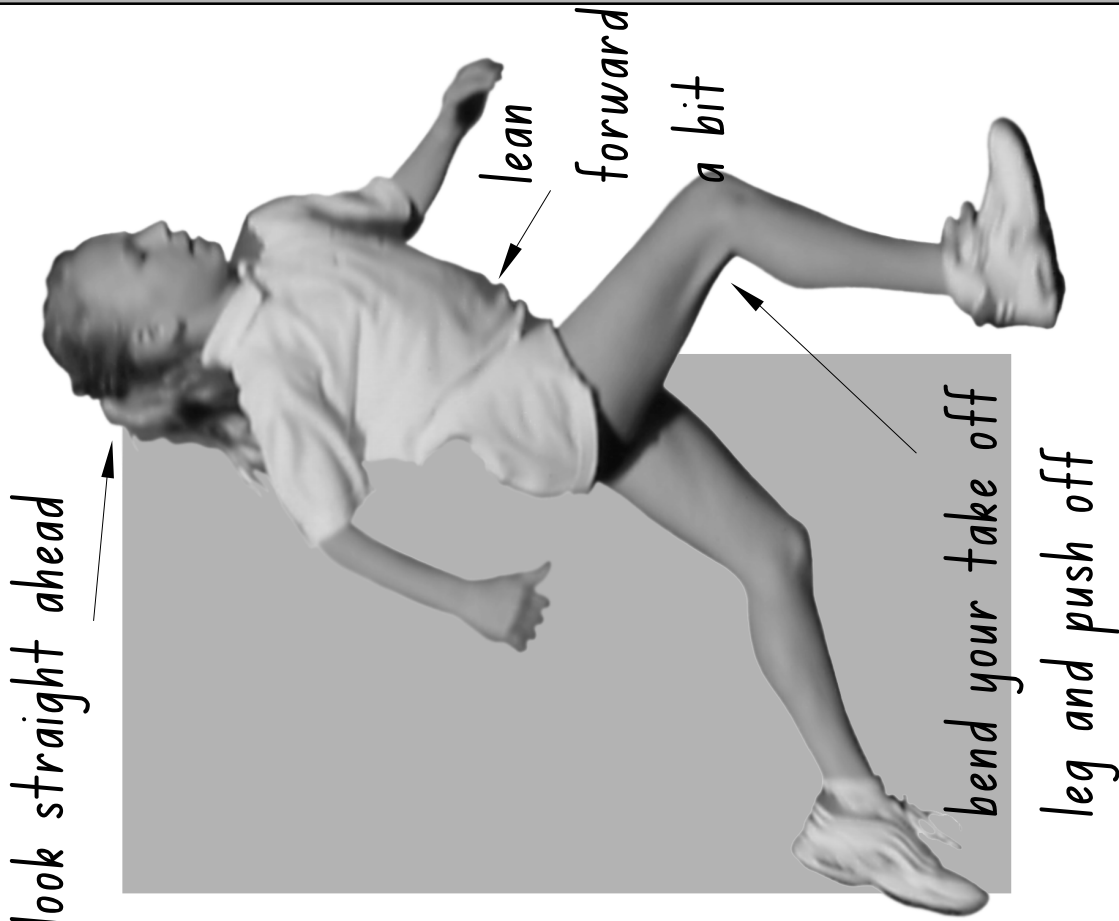
Get active



9. Leap

For the supervisor and the student

look straight ahead



lean forward a bit

bend your take off leg and push off

1

Show me how to ... leap

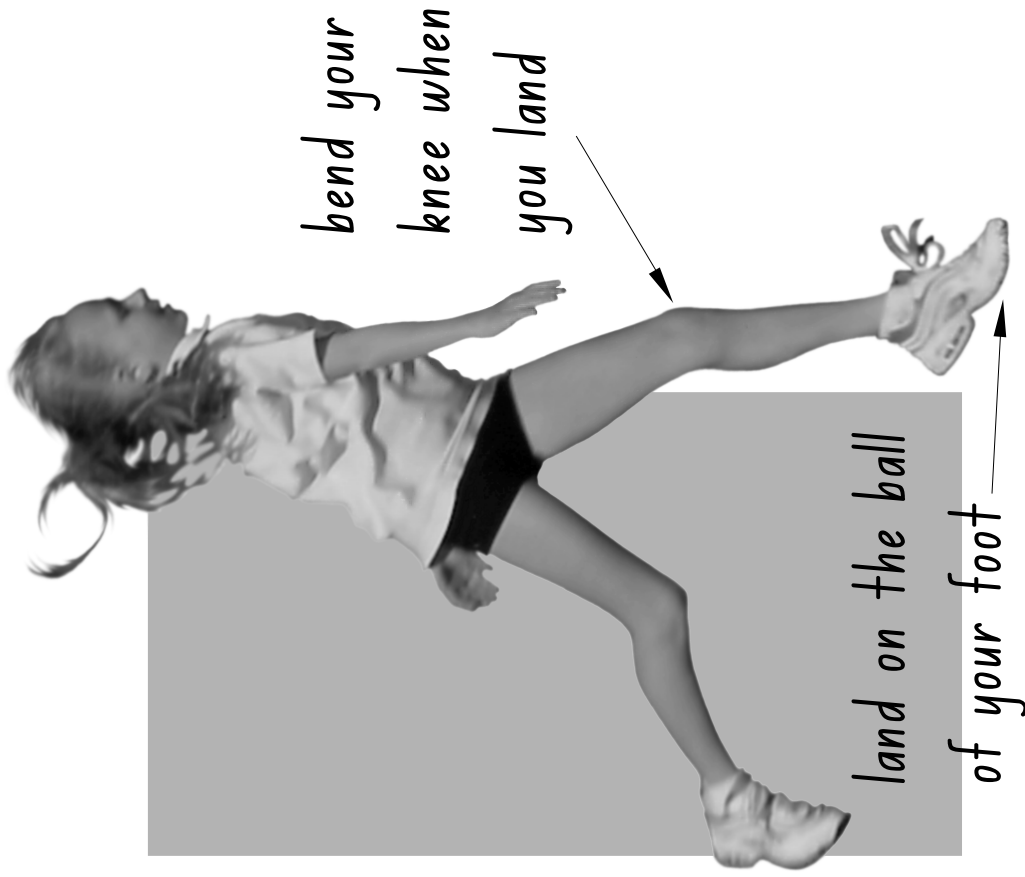
extend your arms opposite to your legs



straighten your legs after take off

2

Show me how to ... leap



*bend your
knee when
you land*

*land on the ball
of your foot*

3

show me how to ... leap