



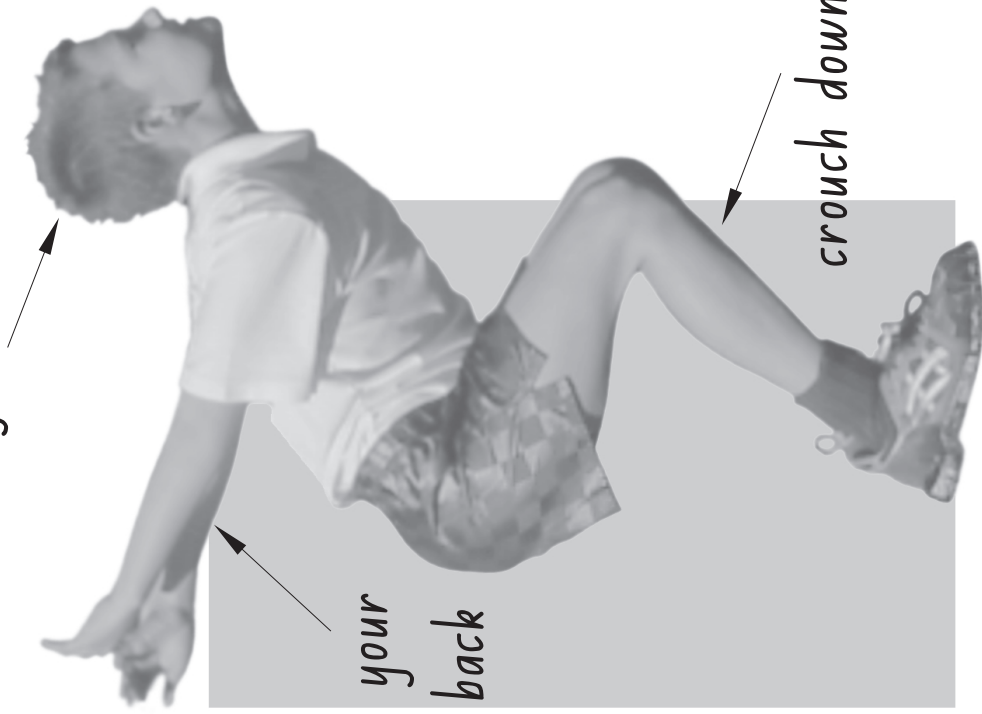
Get active



3. Vertical jump

For the supervisor and the student

look straight ahead



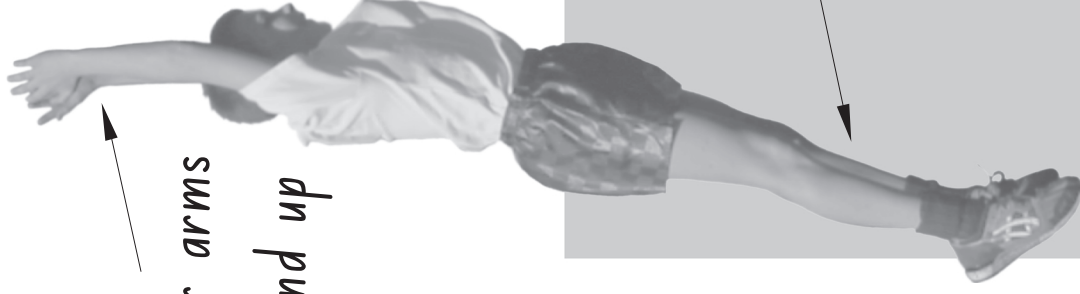
swing your
arms
back

crouch down

Show me how to ... jump

1

swing your arms
forward and up

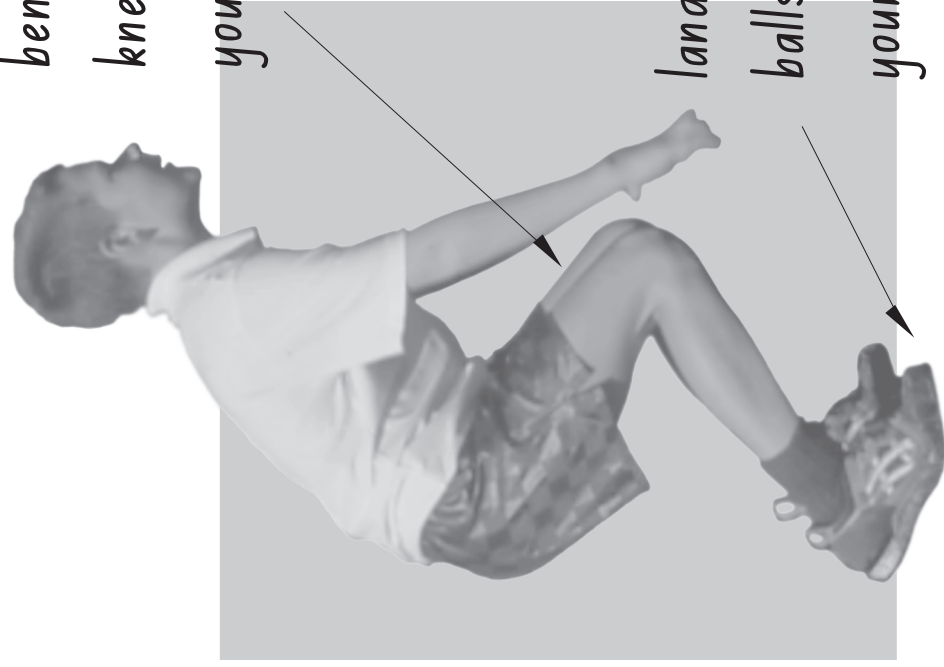


push off and
straighten
your legs

Show me how to ... jump

2

bend your
knees when
you land



land on the
balls of
your feet

show me how to ... jump

3