



CLASS GOALS

MPG Skill of Focus: Jumps

CLASS GOALS

● RED (Parent & Child)

FOUNDATIONAL JUMPING

- 2-foot hops — feet together
- Apart → together jumps
- Jump up onto a raised surface
- Jump down from a raised surface

GYMNASTICS JUMPS

- Tuck jump
- Jumps with different arm positions
- TURNING
- Jump + turn

● GREEN

FOUNDATIONAL JUMPING

- 2-foot hops — feet together
- 1-foot hops
- Apart → together jumps
- Jump up onto a raised surface
- Jump down from a raised surface

GYMNASTICS JUMPS

- Tuck jump
- Straddle jump
- Scissor jump
- Jumps with different arm positions

LOCOMOTOR SKILLS

- Galloping
- Skipping
- TURNING
- Jump + turn

CLASS GOALS

● YELLOW

FOUNDATIONAL JUMPING

- 2-foot hops — feet together
- 1-foot hops
- Apart → together jumps
- Jump up onto a raised surface
- Jump down from a raised surface

GYMNASTICS JUMPS

- Tuck jump
- Straddle jump
- Scissor jump
- Split jump
- Pike jump

LOCOMOTOR SKILLS

- Galloping
- Skipping
- TURNING
- Jump + turn

COMBINATION JUMPS

- Connect 2–3 jumps together, such as:
- Tuck → Straddle
- Split → Straight
- Straight → Turn
- Straddle → Straight

JUMP DISMOUNTS

- Jump from equipment → Landing Position
- Connect a jump directly into a controlled landing
- Example: Straddle Jump → Dismount → Landing Position