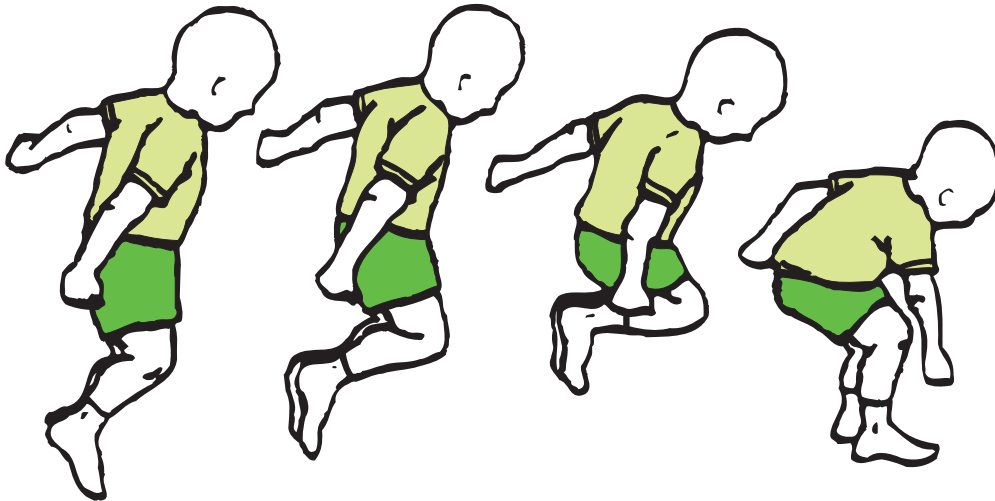
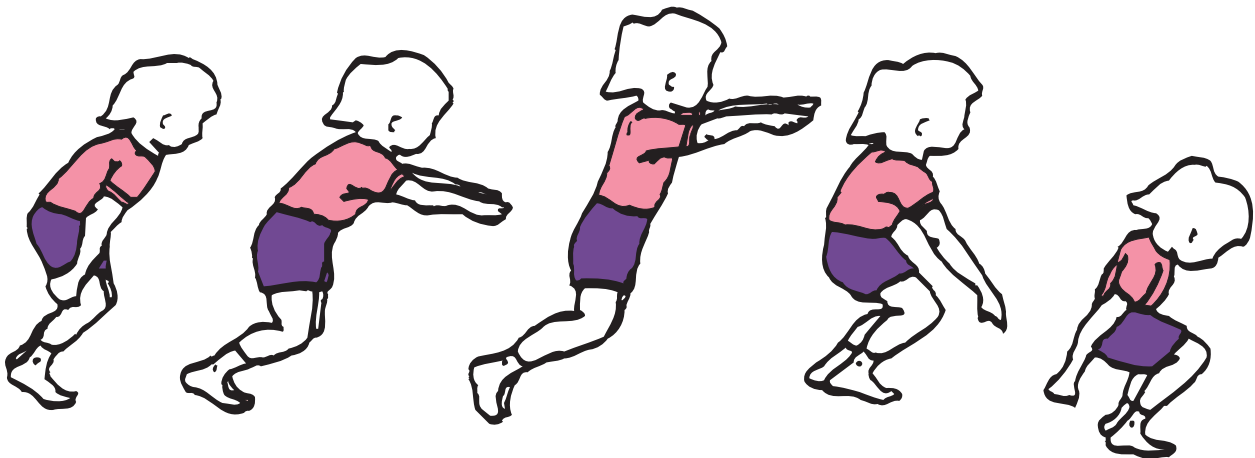


I. Horizontal jumping	
A Initial stage	<ol style="list-style-type: none"> 1. Limited swing; arms do not initiate jumping action 2. During flight, arms move sideward-downward or rearward-upward to maintain balance 3. Trunk moves in vertical direction; little emphasis on length of jump 4. Preparatory crouch inconsistent in terms of leg flexion 5. Difficulty in using both feet 6. Limited extension of the ankles, knees, and hips at takeoff 7. Body weight falls backward at landing
B Elementary stage	<ol style="list-style-type: none"> 1. Arms initiate jumping action 2. Arms remain toward front of body during preparatory crouch 3. Arms move out to side to maintain balance during flight 4. Preparatory crouch deeper and more consistent 5. Knee and hip extension more complete at takeoff 6. Hips flexed during flight; thighs held in flexed position
C Mature stage	<ol style="list-style-type: none"> 1. Arms move high and to the rear during preparatory crouch 2. During takeoff, arms swing forward with force and reach high 3. Arms held high throughout jumping action 4. Trunk propelled at approximately 45-degree angle 5. Major emphasis on horizontal distance 6. Preparatory crouch deep, consistent 7. Complete extension of ankles, knees, and hips at takeoff 8. Thighs held parallel to ground during flight; lower leg lands vertically 9. Body weight forward at landing
II. Developmental difficulties	
<ol style="list-style-type: none"> A. Improper use of arms (that is, failure to use arms opposite the propelling leg in a down-up-down swing as leg flexes, extends, and flexes again) B. Twisting or jerking of body C. Inability to perform either a one-foot or a two-foot takeoff D. Poor preliminary crouch E. Restricted movement of arms or legs F. Poor angle of takeoff G. Failure to extend fully on takeoff H. Failure to extend legs forward on landing I. Falling backward on landing 	

Initial



Elementary



Mature

