Get active

9. Leap

For the supervisor and the student
1. Look straight ahead

2. Bend your take off leg and push off

3. Lean forward a bit

4. Extend your arms opposite to your legs

5. Straighten your legs after take off

Show me how to ... leap 1

Show me how to ... leap 2
Show me how to... leap

bend your knee when you land

land on the ball of your foot