



Scoresheet: Jumping and Landing



Use the technique card to tell your partner what they did well

My partner was good at...

Because...



Use the technique card to tell your partner how they can do better






My partner can improve their...

They can improve by...



The Landing

Points

-  Fall over/Wrong shape
-  Hands down
-  Large step
-  Small step
-  Landing with control

1. Stretch

2. Star

3. Tuck



4. Half turn

5. Full turn

TOTAL





Jump Competition: Scorecard



	Stretch jump	Star jump	Tuck jump	Half turn	Full turn	Scores
Name						00
Name						00
Name						00
Name						00
Name						00
Name						00
Landing Score						Total
Fall over or wrong shape	Large step	Perfect landing				00
Hands touch the floor	Small step	Aim for the lowest score...				



Jump Competition: Scorecard



	Stretch jump +1 Point	Star jump +2 Point	Tuck jump +3 Point	Half turn +4 Point	Full turn +5 Point	Scores
Jump 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	00
Jump 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	00
Jump 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	00
Jump 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	00
Jump 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	00
Instructions	<p>Tick the boxes to identify the selected 5 jumps. Deduct the landing score from the jump difficulty to achieve the jump score.</p>					Total
	<p>Landing Score</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> 5 Fall over/ Wrong shape </div> <div style="text-align: center;"> 4 Large step </div> <div style="text-align: center;"> 3 Landing with control </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> 2 Hands down </div> <div style="text-align: center;"> 1 Small step </div> </div>					<div style="text-align: center;"> 5 </div>
						00