

Middle School High Beginning Jump Progression

- 1) Stretching Back: a) lay prone on forearms then arms straight b) cats & cows c) child pose
- 2) Bridges: a) fingertips to heels, shoulders to floor, raise hips - repeat b) toes out then to tiptoes while raising hips, c) full bridge (wheel)
- 3) On High Jump Mat - Bridge to Snap
- 4) On High Jump Mat - Fall back to shoulders
- 5) Box on edge of high jump mat - 2 foot jump over the bungee at angle
- 6) Box to over bungee/bar on one foot - advanced
- 7) 5 steps to knee up - not over bar
- 8) 5 steps to scissor kick over bungee / bar
- 9) 5 step jumps over bar