



Station 1: Stretch It, Shape It

Begin with legs together and straight.

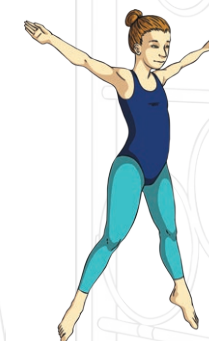
Place both hands on a wall so your back is flat.

Practise stepping back as far as you can with one leg at a time.



Station 2: Recap and Refine

Choose only one or two jumps to focus on.



Station 3: Stag Jumps

Start standing on the ground.

Gradually jump higher and higher, increasing the distance between your legs.



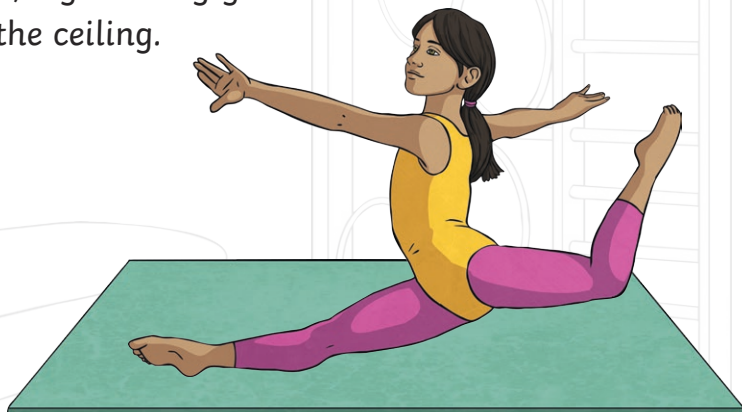
Station 4: Split Leaps

Try leaping between two markers to increase length.



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In splits position, try bending your back leg up towards the ceiling.



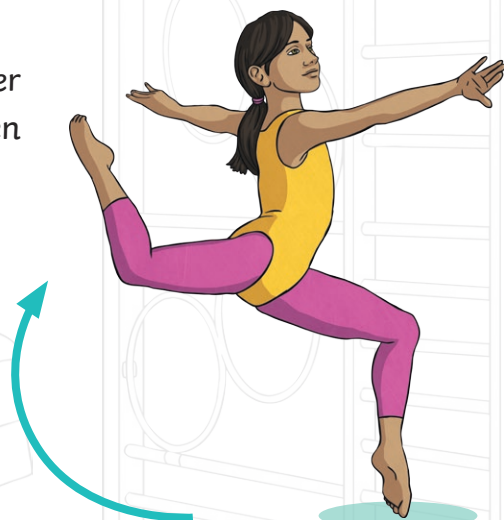
Station 2: Recap and Refine

Can you incorporate a turn into each jump?



Station 3: Stag Jumps

Can you raise your legs higher to increase the angle between your legs?



Station 4: Split Leaps

Practise leading with your non-dominant leg.

