**Title: Vaulting**

**Type:** Spread jump, Crouch jump
**Lesson Goal:** Jump over the vault with a spread and a crouch jump



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| **Instruction** | **Differentiation options** | **Extra info** |
| **Learning goals** You are able to:1. Walking up to the jump platform/ (reutherplank) at a good pace.
2. Jumping with two feet simultaneously on the board;
3. After the jump floating in the air to the support, horse;
4. Putting your hands on the horse;
5. Floating for a second time by elevating from the horse;
6. Landing safely after the second floating phase;
7. Learning to catch a person in a spread jump, crouching jump.

**Helping** You are able to :* Standing behind the horse and catching the upper arms when the person does a crouch jump.
* Standing behind the horse and catching someone by the upper arm when that person does a crouch jump.

**Important points** You are able to:* Run to the horse fast and fluent;
* Jump with two feet at the same time on the board;
* Floating from the board to the horse;
* Supporting on the horse and floating from the horse;
* Crouch over the horse;
* Spread over the horse;
* Making a stabile landing.
 | Jump over the horse with 1,2,3,4 or 5 clicksDifferentiate the distance Give opportunity to land on top (with crouch jump) | Afbeelding met pentekening  Automatisch gegenereerde beschrijvingAllround blz 186 AAllround blz 186 A |
| Instructions for the vault* Run quickly to the jump board;
* Jump well before the board (less distance than with a trampoline);
* Place your feet twenty centimetres before the end of the board;
* Jump flat and wave your arms forward;
* Make short intense contact with the board;
* With the landing go through your knees and keep your hands in front of you..

Spread jump over the horse Crouch jump over the closet (broad)

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| * Accent on the first floating phase
* Helping: quickly hold the upper arms while supporting on the horse and walk with the jumper backwards.
 | * Hands quickly to the closet and push the closet from under you. Shoulders go up.
* In the second floating phase take your hands forward.
* Helpers on both sides holding the arms while supporting.
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Spread jump over the length of the closet Crouch jump over the length of the closet

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| * Place hands far backwards
* Short intense touch with the closet
* One helper holds the upper arms and walks backwards with the jumper.
 | * Place hands far backwards
* Kick your heels up
* Intense kick off with the hands and crouch the legs.
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| **Field set-up:** |
| **Link to support/assessment document** |

**Additional pages if necessary:**