

HOPPING & JUMPING SKILLS



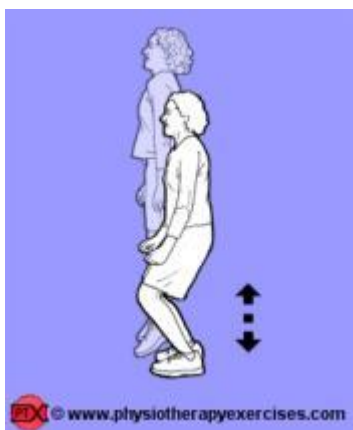
Position yourself standing. Practice bending your leg up in front of you and straightening it behind you again so that your foot makes a circle. Try to do that without any support.



Position yourself standing on your leg with your foot resting on a ball in front of you. Practice rolling the ball around in circles on the floor with your affected foot.



Position yourself standing on one leg. Practice maintaining the position without touching your other foot on the floor.



Position yourself standing with your feet shoulder width apart. Practice jumping up and down on the spot. Ensure that both feet leave and land on the floor at the same time and your knees bend during landing.



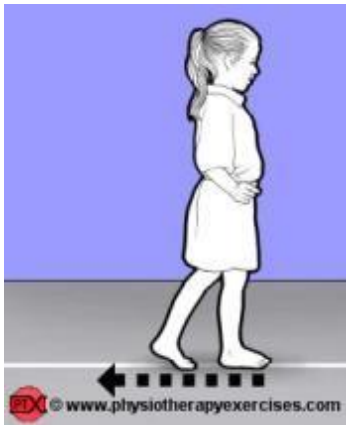
Position yourself standing with a block on the floor in front of you. Practice lifting your leg forwards and placing it gently on the block. Ensure that your shoulders remain over your hips and your feet point forwards.



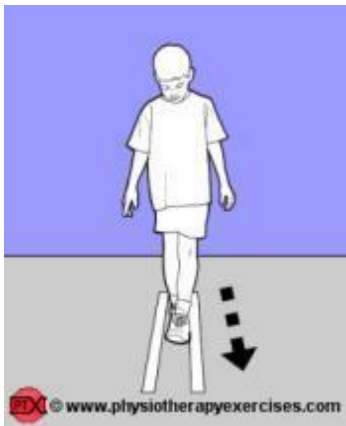
Position yourself standing on your leg with your unaffected foot resting on a ball in front of you. Practice rolling the ball in circles around an obstacle on the floor with your foot.



Position yourself standing with a foam cup on the floor in front of you. Practice standing on one leg while holding your other foot just resting on the cup. Ensure that you do not squash the foam cup.



Position yourself standing on a line with one leg directly in front of the other. Practice walking forward and backwards along the line by placing one foot behind the other and not stepping off the line. Narrow steps with time.



Position yourself standing with two lines on the floor in front of you. Practice walking forwards in between the lines without touching them.



Position yourself standing on one leg. Practice hopping up and down on the spot. Ensure that your shoulders remain over your hips and your knee is slightly bent on impact. You may hold a furniture to stabilize upper trunk.



Position yourself standing next to a line on the floor. Practice jumping sideways over the line and back again. Ensure that your knees bend when landing.