

Jump Classes

The following information is a guideline for the jump section of the Bridge Program. Remember to tailor the class according to the age and ability of the participants.

Some groups may only work on one principle the entire session depending on their ability. Adjust times according to length of classes. *Use this as a guideline only.*

Instructional Points to cover:

- Preparation
- Take-off positions
- Rhythm and timing
- Air position
- Landing
- Common errors

Break-out Time	Time Allocation	Activity/Skill	Instructional Points
5-10 minutes each <i>Groupings:</i> <i>Basics</i> <i>Basic 7-FS I</i> <i>FS2-4</i> <i>FS5-Beginner Pre</i> <i>Pre- Preliminary</i>	Bring entire group together (by ability)	Single (half) jumps <ul style="list-style-type: none"> • Bunny hops/side toe • Waltz Jump • Toe Loop • Salchow Jump • Loop Jump • Half Flip Jump • Half Lutz Jump • Axel 	Key Principles <ul style="list-style-type: none"> • Preparation • Take-off positions • Rhythm and timing • Air position • Landing • Common errors
10-15 minutes	Break-out groups <ul style="list-style-type: none"> • Practice time 		
5-10 minutes each <i>FS 2 and above</i>	Bring entire group together (by ability)	Combination jumps <ul style="list-style-type: none"> * Toe loop combos • Loop jump combos 	Key Principles <ul style="list-style-type: none"> • Preparation • Take-off positions • Rhythm and timing • Air position • Landing • Common errors
10-15 minutes	Break-out groups <ul style="list-style-type: none"> • Practice time 		