F-2 Dance Resource: Off the ground

**[David]:** The most important thing about jumping is the use of the knees.

Bend, stretch, bend, stretch.

There are several different ways to jump, including two feet to two feet, two feet to one foot, one foot to two feet, and one foot to one foot.

Bend, stretch, bend, stretch.

Two feet to two feet.

Two feet to one foot.

One foot to two feet.

One foot to one foot.

Or you can let the students experiment with their own kinds of jumps, such as a frog jump.