

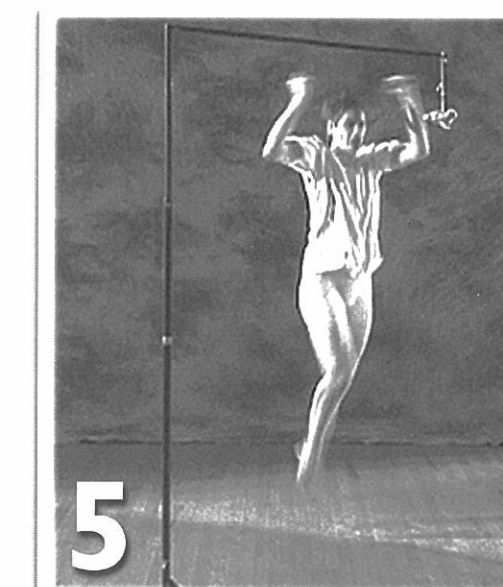
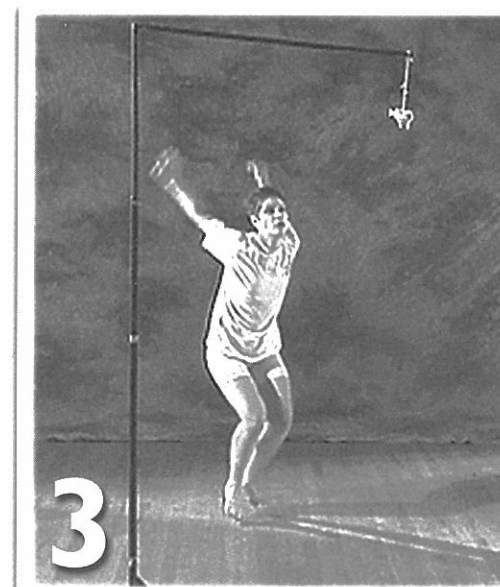
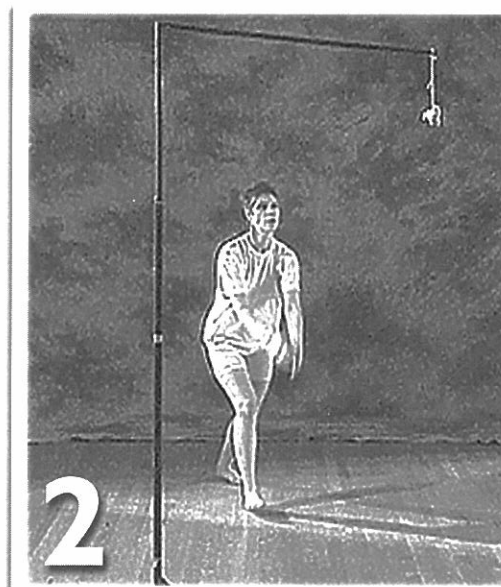
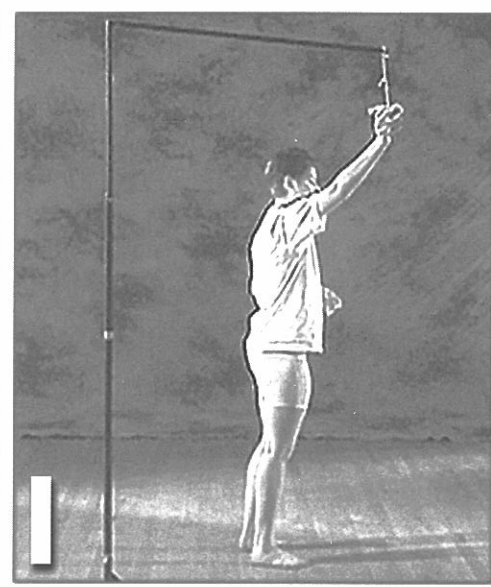
One-Foot High Kick

The Game

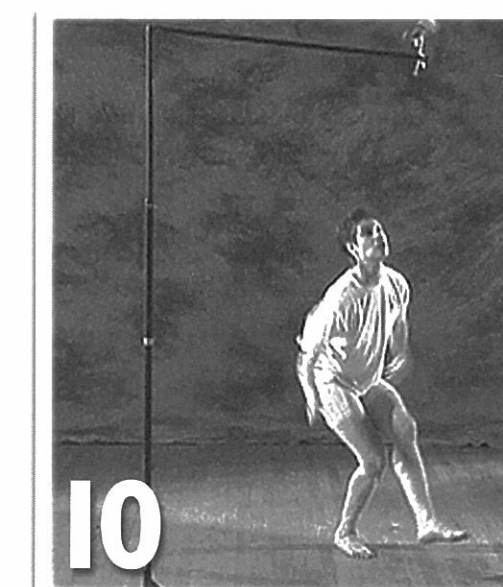
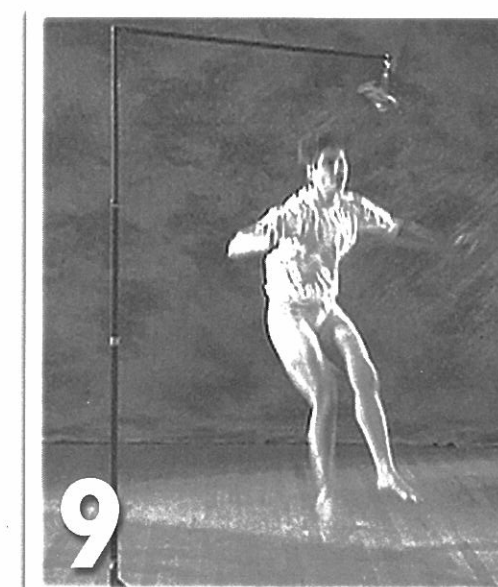
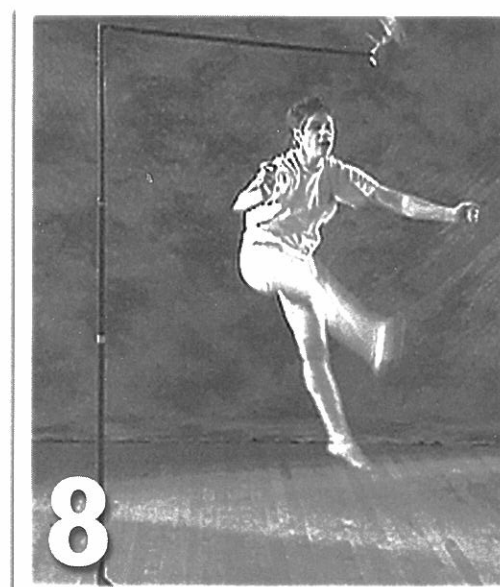
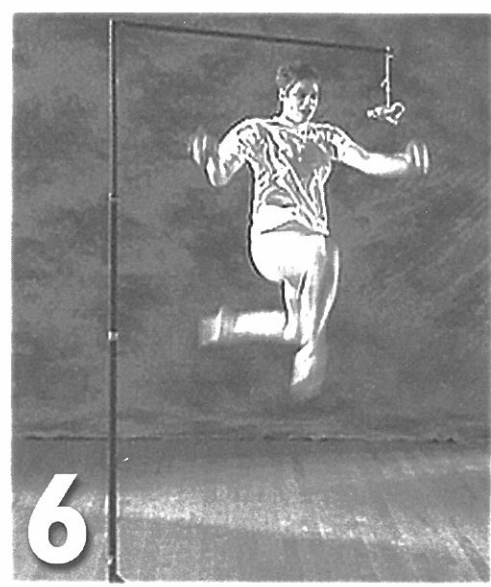
The One-Foot High Kick tests the athlete's power and flexibility, as well as her sense of balance. The game requires a combination of several difficult movement skills, including: Jumping off from both feet but touching the target with the kicking foot only - rapid downward movement of the kicking foot after the kick - landing on the kicking foot only.

How to Play

Take a run-up or walk-up of about five steps. Jump off with both feet. While in the air, attempt to touch or kick the target seal, with the kicking foot only. Complete the attempt by landing on the kicking foot only. Demonstrate good balance and control by bouncing on the landing foot several times. (You must not land on the other foot!)



(#1): Size up the target and determine the length of your run-up. (#2): Begin with a run-up of three to five steps. (#3-4): The last step of the run-up is a hop or sliding step. During the hop, rotate the arms forward/downward behind your body, and bring your feet side by side and close together. Plant your feet and lower your body by bending the knees to almost 90°. (#5): To push off, straighten your body while rotating the arms upward. When you push off, the body is straight, and the arms are fully extended in an overhead position. Use your arms "to pull yourself up." Jump straight up!



Bend the knee of the kicking leg - pull the knee up towards the chest.

The kick - extend leg and **touch** target arms and kicking leg form a 'triangle'.

Quickly move ('kick') the leg down to prepare for the one-foot landing.

Controlled landing - you must land on the kicking foot only.

Demonstrate balance after landing - bounce on the landing foot only.