

# Jumping for distance

## Safety

- **You must check with an adult that you have permission to complete this activity before you begin and have an adult supervise you.**
- Make sure you have a safe space: free from obstacles or anything you could hurt yourself on. If there are things that you feel your space is not suitable for then don't do it. Only jump on a flat surface.

## Standing long jump

The standing long jump, sometimes known as a broad jump, is an event our school competes in every year at the Sportshall Athletics competition. It was an Olympic event until 1912 but has now been replaced with the running long jump. The world record is held by an American football player and stands at 3.73 metres. The furthest I have seen a student jump is around 2.2 metres but that is very rare. You will have competed in the standing long jump during the pentathlon task but it is worth visiting again in more detail.

## What to do

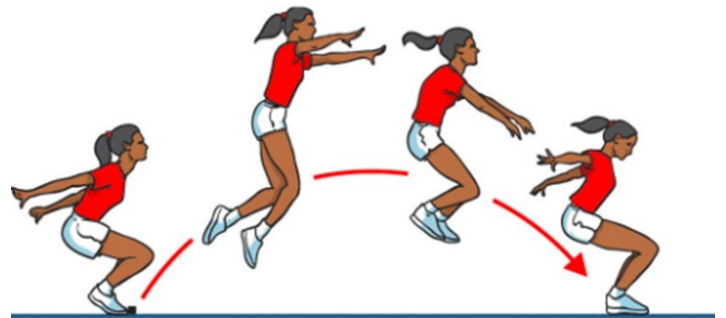
Set down a marker and taking off with two feet see how far you can jump. You must land on two feet.

## How can I challenge myself?

- Set up three challenge levels: Level 1 (one step away), Level 2 (two steps away) and Level 3 (three steps away). Can you reach level 3?
- Can you jump further than your height? Set down a marker at your feet and then lie down and set one at your head. Can you jumper further than you are tall?
- If you have a tape measure—and enough space—set a marker at 3.73 metres. How many jumps does it take you to reach the world record?

## How can I improve?

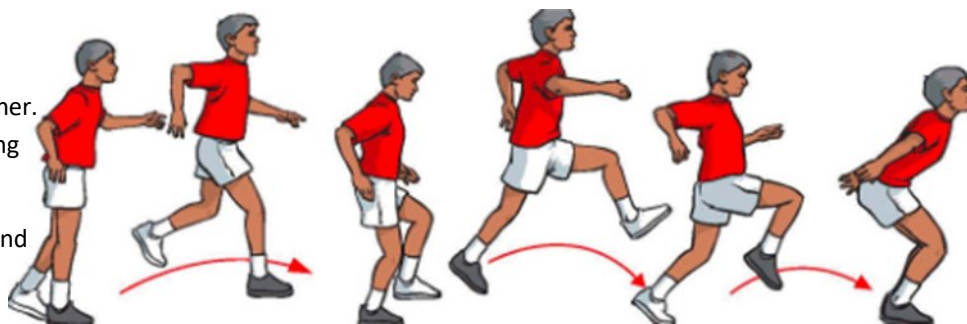
- Keep your head up
- Swing your arms
- Bend your knees when you land
- Jump for height as well as distance



## Extension: Standing triple jump

This is tricky and involves combining three jumps together. It is best to learn them one jump at a time before putting them all together.

- 1) Without a run up, take off from your right foot and land on your right foot.
- 2) Take off from your right and land on your left.
- 3) Take off from your left and land on both feet.
- 4) Now, put them all together and see how far you can jump.



## Reflection

- Once you have the technique mastered, what other exercises do you think would help you improve?
- What sports require you to jump?
- How did this activity make you feel?
- Did you jump the distance you expected?
- Which of the two activities is harder and why?
- Some people are better at triple than long. Why do you think this could be?