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Standing Long Jump

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Overview: Test your power and balance with a take on the long jump that can be done with less space.

Time: 5-10 minutes.

Equipment required: Marker for take off, tape measure or distance markers.

Benefits:

- Quick, simple and easy to set up.
- Builds power in the legs.
- A great way to test balance skills.

Preparing:

1. Find yourself an open space with stable, flat ground - definitely don't play this on loose rugs!
2. Line up a tape measure at the side to measure the distance of the jump. If you don't have one, use objects as markers for a score, e.g. landing near first marker is 10 points, 2nd marker 20 points and so on.
3. Take a two footed take-off from standing position with both feet behind the take off mark.
4. Measurement is then made from the take off mark to the back of the closest heel on landing.

Jumping Tips:

1. Don't rush your jump!
2. Have feet hip to shoulder width apart for take off.
3. Swing arms forwards and backwards to gain momentum
4. Any step forward or backwards or touching the floor with your hands after landing is a no jump"
5. Measure three attempts to get the average score.
6. Now spend some time practicing and try again another day.