

Spar Lancashire School Games PB Sports Day

Sports Day Activity 1: Long Jump

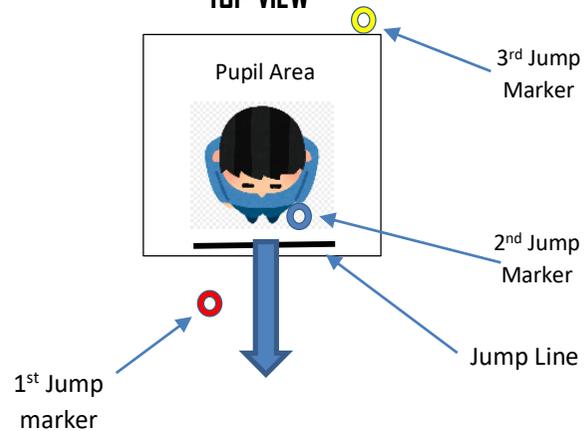
ACTIVITY/SKILL

STANDING LONG JUMP

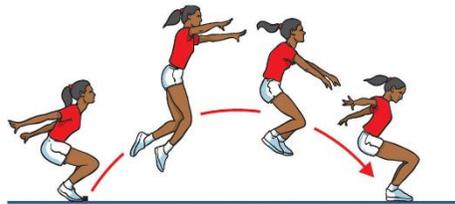
[Video Demonstration](#)

OVERVIEW

TOP VIEW



SIDE VIEW



Equipment:

- 3 different objects to mark your jump (e.g. toys or household object)
- Object to mark your jump line (e.g. skipping rope, tea towel rolled up, dressing gown tie).
- Tape measure if possible

Tips to Improve:

1. Feet are shoulder width apart, with toes just behind the jumping line.
2. Swing arms in unison forward and backwards, when arms go back bend your knees. When arms go forward, straighten the legs (don't jump yet).
3. Repeat this a couple of times to prepare for your jump and get used to the timing.
4. When you are ready to jump, load your knees by bending with arms behind you. Time it so that as you explode up and out from your legs as you swing your arms in a forward motion. Jump out as far as you can.
5. Take off on two feet and land on two feet, being careful not to step/fall backwards. Always measure from heel/furthest body part back.

Method:

1. Place a jumping line down at the front of your box
2. Jump as far as possible from two feet to two feet, holding your 1st jump marker, place marker at the back for heel after landing.
3. Have two more attempts, always leave the first marker where you originally landed, add a second marker and/or third marker if you jump further on your next two jumps.
4. Leave the original if you don't.
5. Measure the distance from the jump line to each marker in centimetres with a tape measure, or number of steps. Whatever the first jump distance to the furthest cone shows the improvement.
6. Challenge you a parent/carer or sibling and work out what their improvement is.