

A - ATHLETICS

CHALLENGE - STANDING LONG JUMP

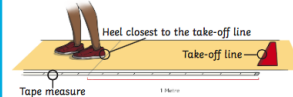
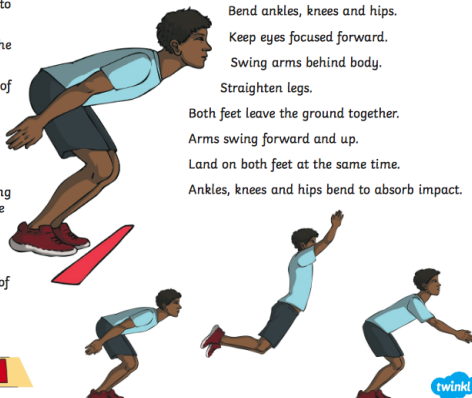
We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the **#stayinworkout #GoTeamCW** and tag **@CWSchoolSport**

Standing Long Jump

A two-footed horizontal jump from a standing position.

Instructions
Start by standing with both feet as close to the take-off line as possible.
Both feet must stay in contact with the ground until the start of the jump.
No part of the body must touch in front of the take-off line prior to take off.
Jump as far as possible from a standing position, with a two-footed take off.
Land on both feet.
You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.
Measure from the take-off line to the back of the closest heel on landing.

How to do the Standing Long Jump Step-by-Step
You may prefer a crouching or a rocking motion prior to the jump.
Bend ankles, knees and hips.
Keep eyes focused forward.
Swing arms behind body.
Straighten legs.
Both feet leave the ground together.
Arms swing forward and up.
Land on both feet at the same time.
Ankles, knees and hips bend to absorb impact.




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Here's some additional ideas to adapt the challenge:

Can you do 3 standing long jumps in a row? How far did you travel?

Lie down and mark your height. Can you jump as far as you are tall?

Try taking off from just one foot, first right and then left. Is this harder?



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FUN FACT – This activity acts as progression towards the LONG JUMP – which is an Olympic event, and for which the current world record is a whopping 8.95m – set by Mike Powell in 1991 (unbeaten for 29 years!). Click on the link below to check it out: <https://www.youtube.com/watch?v=T0WfsAwvTSU>

If you have enjoyed this challenge and would like you get involved in more at home, click here to find out more: <https://www.englandathletics.org/about-us/athletics-at-home/> Alternatively if you'd like to know where to find your local athletics club take a look at <https://www.englandathletics.org/athletics-and-running/>

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