

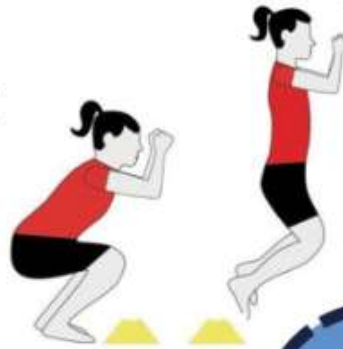
Standing Long Jump: 2

Home Physical Education

Can you encourage others to try and jump as far as possible?

How to play:

- Place a starting marker on the floor.
- Set up 3 distance levels. Level 1, one step away from the starting marker. Level 2, two steps away from the starting marker. Level 3, three steps away from the starting marker.
- Stand beside the starting marker on two feet. Which marker can you jump to safely landing balanced on 2 feet?
- How can we use our bodies to reach the marker furthest away?



Can you be positive even if someone jumps further than you?

Top Tips

Jumping Further

Keep your head up, swing your arms and bend your knees when you land.

Let's Reflect

How did you adapt your technique to be able to jump further?

How did you feel when you achieved a new jumping distance?