

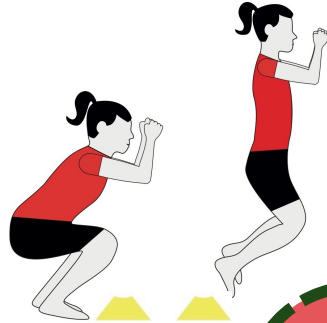
# Standing Long Jump: 2

## 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?