

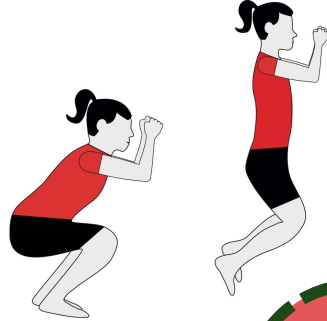
# Standing Long Jump

## Home Physical Education

Can you focus on your technique and concentrate on your landing?

### How to play:

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?



Can you keep trying even if you miss the target?

### Top Tips

#### Jumping Further

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

### Let's Reflect

What did you learn after each jump?

How did you keep focused?