

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?