

STANDING TRIPLE JUMP

- Place your starting marker on the floor
- Stand beside the starting marker with 2 feet
- Start with a hop- 1 foot take off, land on same foot
- Then Step- 1 foot take off, land on opposite foot
- Then jump- 1 foot take off, land on both feet
- Measure from the starting marker to the closest part of the jumpers body (heel, arm etc) record their score
- Each jumper has 3 attempts, with their highest score counting.

TOP TIPS

USE THE RHYTHM SAME
FOOT, OPPOSITE
FOOT, BOTH FEET.



EQUIPMENT

MARKERS- THESE CAN BE ANY ITEMS TO SHOW WHERE TO JUMP FROM OR HOW FAR YOU JUMPED.

TAPE MEASURE

CNSSP

CREWE & NANTWICH
SCHOOL SPORTS
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