

# STANDING LONG JUMP

- Place your starting marker on the floor
- Stand beside the starting marker with 2 feet
- Jump as far as you can landing balanced on 2 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.



## EQUIPMENT

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

TAPE MEASURE

## TOP TIPS

KEEP YOUR HEAD UP,  
SWING YOUR ARMS  
AND BEND YOUR  
KNEES WHEN YOU  
LAND

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