

ATHLETICS: STANDING LONG JUMP

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the challenge is to jump the longest distance possible

HOW TO PLAY:

1. Mark your starting position
2. Place your toes just behind the start line marker
3. From here, jump as far as you can, trying to land on your feet
4. Mark the end position from the part of your body that lands closest to the start position
5. Use your hands to measure the distance
6. Complete 3 jumps and submit your best score

EQUIPMENT

- A marker for the start line
- A marker to mark where you jumped to

ADAPTATIONS FOR AGE / ABILITY

- If you find it difficult to balance, start with your feet a little wider apart for stability

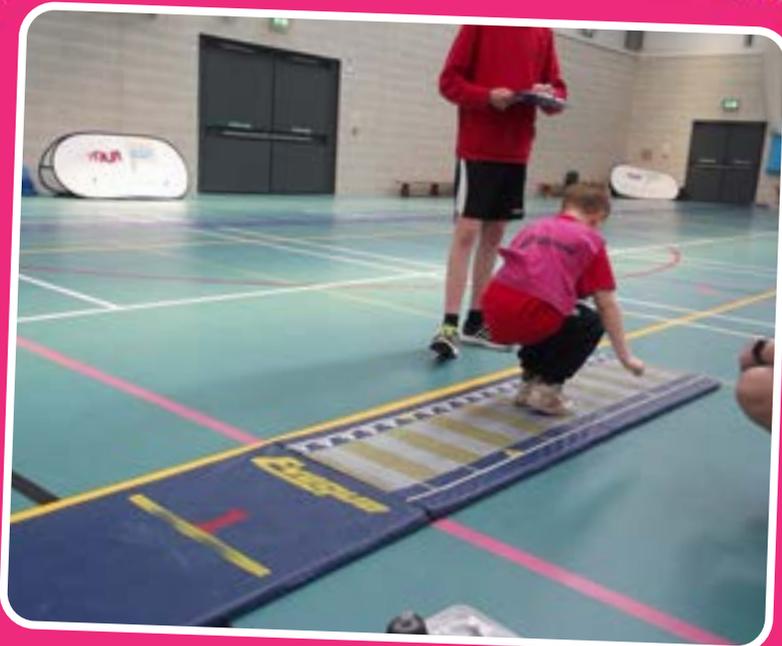
PLAY THE VIDEO

Watch how the game is played [here!](#)

SAFETY

Ensure playing area is safe and clear

Make sure the ground doesn't have any holes or mounds that might cause an injury when you land your jump



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SCORING

- Measure the distance from the start marker to the end marker using your hands
- However many hands it takes is the amount of points you score

TIPS

- When you prepare to jump, bend your knees and swing your arms back just behind you
- As you jump, throw your arms up and in front of you to propel you forward

BONUS POINTS:

Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

- 1 point for every family member and year group teacher who tries the challenge
- 1 point for completing it in fancy dress
- 1 point for a video sent to the school or speaking to a teacher if you are in school, telling them how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games

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