

JUMP TO IT

Follow along with our simple tips below to improve your jumping distance and technique!

STEP 1. Use the marker provided to make a starting point. This will be the point from which you start **all** your jumps!

STEP 2. Begin with a basic standing long jump. Standing at your starting point marker with knees slightly bent, jump forward. Use the *1st Jump Ever* marker.

STEP 3. For your second jump, repeat step 1 but swing your arms as you jump to add momentum.

STEP 4. Try adding some height this time for your third jump. You're aiming to jump forward AND up! The longer you are in the air, the further you will go!

STEP 5. Next, take one long stride back from your usual starting point. From there, you will have room to take one leap before you jump forward and up. If you are taking off from your right leg, use your left leg to push off from the ground and propel you forward.

* Remember to keep track of how far you are jumping each time.

** Also remember which leg is your 'take-off' leg. You will want to make sure you take off from the same leg each time. Consistency will help you improve.

STEP 6. Now, take three long strides back from your

usual starting point. Your first step forward again will be on the foot that you normally jump off from, as noted on the previous round. Remember to keep using the non take-off leg to propel you forward! Use the *Run-up Jump* marker.

STEP 7. If you have enough space, you can extend your run up even further.

In essence, the faster you approach the jump, the further you should go! Use the *End of Challenge* marker for your last jump. We bet you got a lot further than your *1st Jump Ever*! Well done.



Thanks to our Activity Professional Mr. Smith for these amazing tips!

WHAT TO DO...

1. Cut out the markers opposite along the dashed lines.
2. Stick onto card to make them stronger, and fold in half.
3. When directed in the instructions above, place your marker.
4. Marvel at how much further you can jump at the end of the summer!

START

1ST EVER JUMP

RUN-UP JUMP

END OF CHALLENGE JUMP

*Ensure you have adequate non-slip space in which to participate, have no health concerns and that you wear adequate footwear.