**Standing Long Jump**

**PE Home Learning**

**Time to Learn:**

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on two 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?

**Work on your own to develop your technique. Each time you jump and land on two feet you score a point.**

**Top Tips**

**Jumping Further**

- Keep your head up, swing your arms and bend your knees when you land.

**What other jumping records are there? Can you try and beat them by practising lots?**

**Challenge other family members to see how many jumps it takes them to equal Greg Rutherford!**

**Let’s Reflect**

What did you learn after each jump?

How did you keep focused?