

Resource material: Long Jump

In teaching the long jump to students you must be conscious of several safety factors. The actual teaching of the jump can be broken into 4 sections, but initially allow the students to experience the full movement, before breaking it into its components, namely

- *the run*
- *take off*
- *technique in flight*
- *landing*

Many students will not jump to any great length because they do not have sufficient speed or spring, but they can still perform a good run-up, take-off, basic 'hang' in flight and good landing, if each component is taught well.

FACILITIES / EQUIPMENT NEEDED TO TEACH LONG JUMP

You will need a sand-pit, runway with a board 1/2m from edge of sand, a measuring tape, a rake and shovel. If your sand-pit is particularly large, you may be able to jump students into pit from side.

