

Resource material: Long Jump

STANDING LONG JUMP USING A TWO-LEGGED TAKEOFF

The student uses a strong swing of the arms coupled with a double-legged drive to cover as much distance as possible.

TEACHING POINTS

- *Extend your legs as powerfully as possible and combine that action with a strong swing of the arms.*
- *Pull the legs forward underneath your body to cover as much distance as possible.*

STANDING LONG JUMP USING A SINGLE-LEGGED TAKEOFF

This is similar to a bounding stride except that both legs are brought together for the landing. Participants jump using their favoured and non favoured legs for the takeoff and then compare distances.

TEACHING POINTS

- *Extend the jumping leg as powerfully as possible.*
- *Swing the leading leg up to horizontal.*
- *Use your arms in the same fashion as with the two-leg jump. Swing both of them up and forward in unison with the leading leg.*
- *Jump for distance with each hop, not height.*

HOPPING FOR DISTANCE AND FINDING THE FAVOURED JUMPING LEG

Measure the distance each participant can achieve in 3 successive hops from a standing start with the right leg only. Measure the distance gained from the same action performed with the left leg only. The leg which produced the greater distance is the preferred jumping leg.

BOUNDING FOR DISTANCE

In this lead-up activity, the thigh of the leading leg is lifted to horizontal with each bounding stride. The performer should strive for long strides, reaching for distance.

TEACHING POINTS

- *Swing your arms up and forward with each bounding stride.*
- *Try to achieve a wide stride position at the midpoint of each bounding stride.*
- *Try to get a feeling of 'floating' at the midpoint of the stride.*

DISTANCE JUMPING COMPETITION

From a line, participants see how far they can jump in total with 3 successive two-footed jumps (rabbit hops). Who can go the farthest?

TEACHING POINTS

- *Don't put everything into the first of the 3 jumps.*
- *For optimal distance, all 3 jumps must be fairly equal in length.*
- *Avoid jumping upward. Jump low and forward.*

VARIATION

The first member of a team completes 3 two-footed jumps (or 3 bounding strides). The next member of the team adds 3 more jumps to increase the distance achieved. Which team can accumulate the greatest distance?