



# Long Jump Olympic NSSW Challenge



Can you focus on your technique and concentrate on your landing?

## 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.



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



Challenge other classmates to see how many jumps it takes them to equal Greg Rutherford!



## Top Tips

### Jumping Further

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

## Let's Reflect

What did you learn after each jump?

How did you keep focused?

