



Longmeadow Primary School

Headteacher: Mrs Emily Howley

Oaks Cross, Stevenage, Hertfordshire, SG2 8LT

01438 351 087

admin@longmeadow.herts.sch.uk

Longmeadow PE Challenge: Week 4 Standing Long Jump

Well done to all the Longmeadow pupils for completing the week 3 burpee challenge. Did you know the standing long jump was once an event at the Olympic Games, and is an event in Sports Hall competitions in the UK. The biggest benefit of the standing long jump is that it helps the children improve lower body power. Developing their leg strength/power, acceleration, balance, and even bone density.

Purpose of standing long jump: to measure the explosive power of the legs.

Equipment required: tape measure to measure distance jumped, non-slip floor for take-off and landing. The take off line should be clearly marked (string, chalk, old tie etc).





How to Perform Standing Long Jump

- Stand behind a line marked on the ground with feet slightly apart.
- A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive.
- Now jump as far as possible, landing on both feet without falling backwards.
- Five attempts allowed each day.
- Record the longest distance jump from the five attempts.
- Email Mr Howley the longest jump distance from each of the days on Friday 29th May.

Good luck

