



Standing Long Jump Challenge

How far can you jump with both feet from a standing position?

Stand with your feet as wide as your hips

Bend your knees

Lean forward and use your arms for momentum

Jump as far as you can, get someone to help you measure the distance with a measuring tape

Equipment

Measuring Tape

Challenge

Get an adult to help you measure the distance from where you take off to where your heels first land on the ground shown in the picture above.

Have three jumps and see which of them was your best effort, record that as your personal best to beat next time.