

# Athletics/Pentathlon training Long Jump

**Benchmarks:**

**Aims:**

Fine and Gross Motor Skills  
Core Stability and Strength

Develop strength and power in our legs  
Improve our long jump by jumping further.

**Key points for a successful long jump**


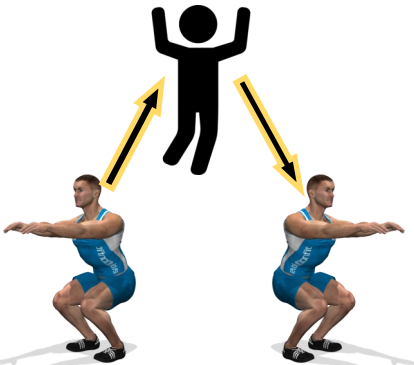
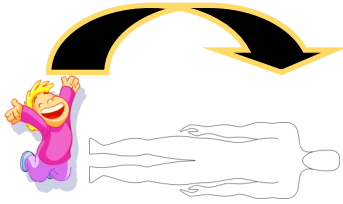
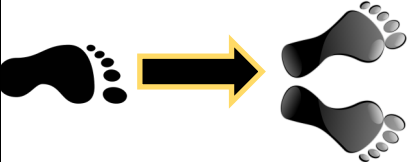


<https://www.youtube.com/watch?v=FiBONNWYxel&feature=youtu.be>

Arms - Start behind and swing forwards	Legs - Start bent and then extend with the	Landing - on two feet with control	Landing - feet shoulder width apart	Landing - Soft knees (bend them slightly)
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| Stage 1 - 10 times | Stage 2 - 15 times | Stage 3 - 20 times | Stage 4 - 1 minute |
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**You can get someone to check for the key points when you are jumping.**

**Make sure that you have enough space for each activity.**

<p><b>1. Hopscotch</b></p>  <p><b>Focus:</b> Land with soft knees You can make it bigger or challenge someone to a game.</p>	<p><b>2. Twisting Squat Jumps</b></p>  <p><b>Focus:</b> Land with feet shoulder width apart and build leg strength</p>	<p><b>3. Jump your height</b></p>  <p><b>Focus:</b> Swing your arms Lie down on the floor and get someone to mark your feet, knees, hips, shoulders and head.</p>
<p><b>4. One foot jump</b></p>  <p><b>Focus:</b> Start with a bent leg and then extend Make sure you jump from your left and right foot.</p>	<p><b>5. Jump across the garden</b></p>  <p><b>Focus:</b> Land with control Can you across the garden in less jumps than last time?</p>	<p><b>6. Standing Long Jump</b></p>  <p>Put everything together and practise for Sports Day. Can you beat your last jump? Can you measure your jump?</p>