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A two-footed, horizontal jump from a standing position.

Equipment

Something that can be used to make a take-off line, such as a skipping rope; a marker to mark how far you jump; a way of measuring your jump.

What to do

1. Set up a take-off line using a stretched out skipping rope or something similar.

2. Stand with the toes of both feet as close as possible to the line without touching it.

3. Using the technique shown opposite, make a two-footed take-off and jump as far as possible.

4. In line with the heel closest to the take-off point, place a marker where you land and measure the distance between the take-off line and the marker.

5. Jump three times, trying to jump as far as possible each time.

6. You will receive points for using the right technique.

7. Measure the distance for each jump.

1 Bend your ankles, knees and hips ready for take-off.

2 Swing your arms behind your body.

3 Straighten your legs to take off, with both feet leaving the ground together.

4 Swing your arms forward and up.

5 Land on both feet at the same time.

6 Bend your ankles, knees and hips to absorb the impact on landing.

7 If you need to, keep your arms out in front or to the side to remain in balance.
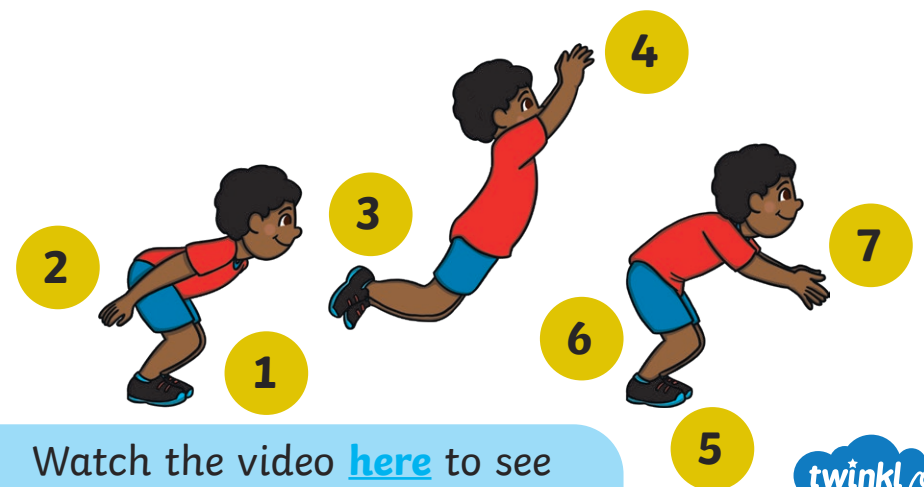
Watch the video **here** to see how it is done.

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