

front

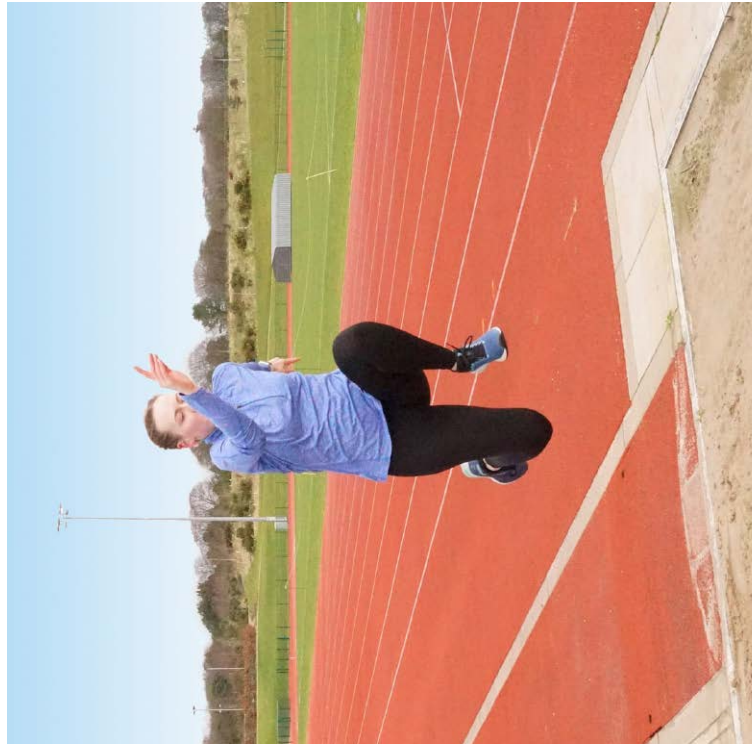
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back



Sports Journalist

Long Jump



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Your Task

Long Jump

Watch all the athletes performing in today's Long Jump Competition.

You will report back at the end of the session.

- *Who did the furthest recorded long jumps (1st, 2nd, 3rd)?*
- *How many 'No Jumps' did you count?*
- *Who tried very hard and who improved during the session?*

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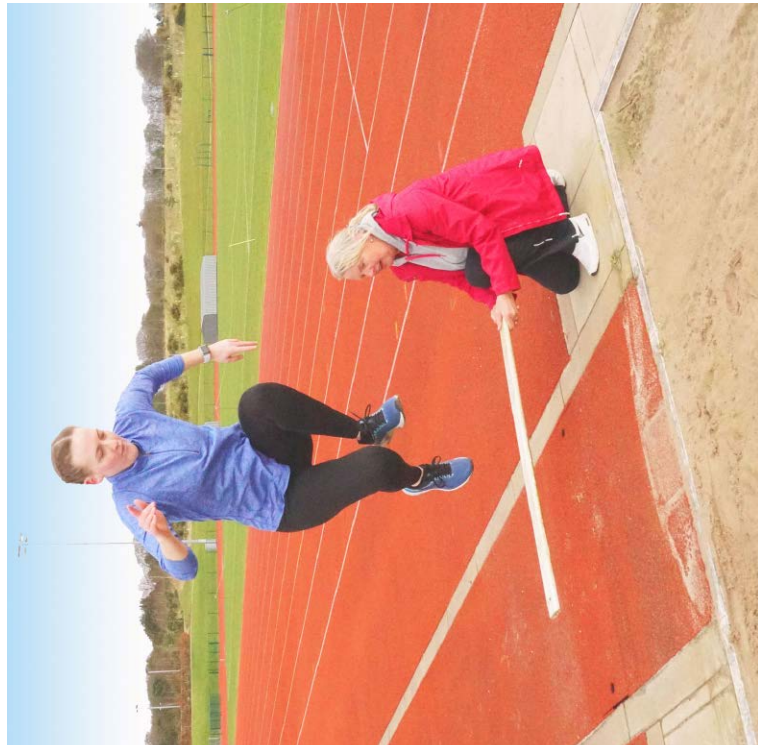
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Coach Long Jump



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back



Your Task Long Jump

Tips to Improve

After each athlete has had their attempt, choose a coaching point to help them next time.

- *Work out run up correctly*
- *Take off on 1 foot land on 2*
- *Increase the speed of the run up*
- *Use your arms to help at take off*
- *Don't look down*
- *Don't fall or sit back on landing*

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Official Long Jump



Landing Point



*Measure from
the front of the
take off board*

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Your Task Long Jump

How to Measure

- Watch where the last point of sand is broken nearest to the take off board.
- Take the zero end of the tape measure and place it at the landing point.
- Run the tape straight over the take off board and read the measurement from the front of the board.

No Jump

- A 'No Jump' is when any part of the athletes foot crosses the front of the take off board.
- Call No Jump and record NJ on the recording sheet.

Equipment

- Tape measure • Rake • Recording Sheet

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