

Standing Long Jump

A two-footed horizontal jump from a standing position.

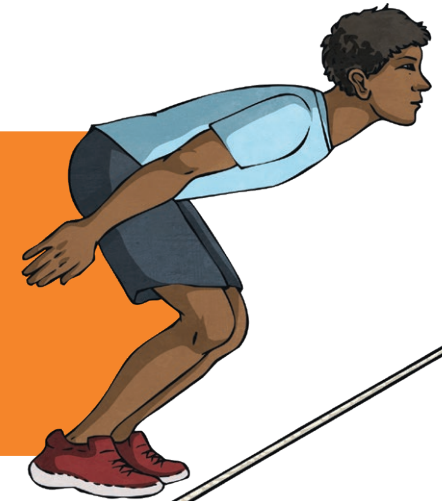
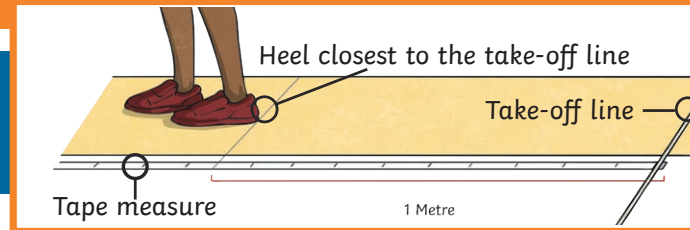
Instructions

Jump as far as possible from a standing position, with a two-footed take-off.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a no jump will be recorded.

Measure from the take-off line (skipping rope) to the back of the closest heel on landing.



How to do the Standing Long Jump Step-by-Step

You may prefer a crouching or a rocking motion prior to the jump.

Bend ankles, knees and hips.

Keep eyes focused forward.

Swing arms behind body.

Straighten legs.

Both feet leave the ground together.

Arms swing forward and up.

Land on both feet at the same time.

Ankles, knees and hips bend to absorb impact.



Standing Triple Jump

A horizontal jump involving a hop, step and jump from a standing position.

Instructions

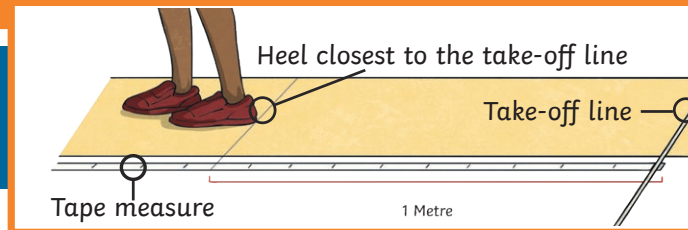
Start by standing on one foot as close to the take-off line (skipping rope) as possible.

Hop, step and jump in one continuous movement as far as possible from take-off.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your heel, a **no jump** will be recorded.

Measure from the take-off line (skipping rope) to the back of the closest heel on landing.



How to do the Standing Triple Jump Step-by-Step

Start with one foot on the ground.

Hop onto the same foot.

Step onto the other foot.

Leap and land on both feet at the same time (this is the jump phase).

Ankles, knees and hips bend to absorb impact on landing.

Drive the knees high and fast.

Keep eyes focused forward.

Arms swing forward and up during the jump phase.



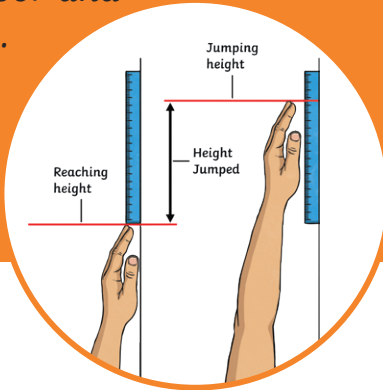
Standing Vertical Jump

A two-footed vertical jump from a standing position.

Instructions

Measuring your reaching height

Stand with your back to the wall, feet flat on the floor and arms upstretched. With chalk mark the highest point reached with your fingertips.



Your Jumping Height

Stand side-on to the wall.

Hold the chalk in your hand that is closest to the wall.

Jump as high as possible from a standing position, with a two-footed take-off.

Make a chalk mark on the wall at the highest possible point.

Land on both feet.

Measure from the reaching height to the mark reached with the jump.



How to do the Vertical Jump Step-by-Step

Stand side-on to the wall with feet slightly apart.

Bend ankles, knees and hips.

Extend legs quickly at take-off.

Reach to make a chalk mark on the wall at the highest possible point with inside arm to the wall.

Ankles, knees and hips bend to absorb impact on landing.

