



### Technique

- 1 Bend ankles, knees and hips ready for take-off.
- 2 Keep eyes focused forwards.
- 3 Swing arms behind body.
- 4 Straighten legs to take off, with both feet leaving the ground together.
- 5 Swing arms forward and up.
- 6 Land on both feet at the same time.
- 7 Bend ankles, knees and hips to absorb impact on landing.

### Skills Practice

Spend a few minutes practising the technique for the standing long jump. Don't worry about the distance too much at this stage – just focus on getting the technique right!

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