

MATERIALS

Before you start, make sure you have:

- Tape or marker for starting point
- Tape measure

[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

PREPARATION: create a starting line with tape or other marker.

EXERCISE:

1. Participant stands behind the starting line with their feet a little wider than their hips. They should start with their toes behind the line.
2. Participant bends their knees, swings arms forward and jumps as far as possible.
3. Participant should try to land with both feet and knees bent. They should not fall forward or backward and stay in their final position so the distance can be measured.

SCORING: The final score should be the measurement from the starting line to the nearest point of the contact for the closest landing foot.

