



How far can you jump from a standing position?

Equipment Needed:

- Designated line (cones, chair, stationary object that will not move)
- Small object to mark the distance (optional but helps with measurement)
- Measuring tape

Rules:

- Mark a line
- Both feet start behind the line
- Athlete must jump with both feet
- Distance will be measured from the line to the closest distance touched
- Record the distance on the score card

Modifications:

- If you do not have a measuring tape, you can measure the distance jumped in steps (1 step = 1 meter)

