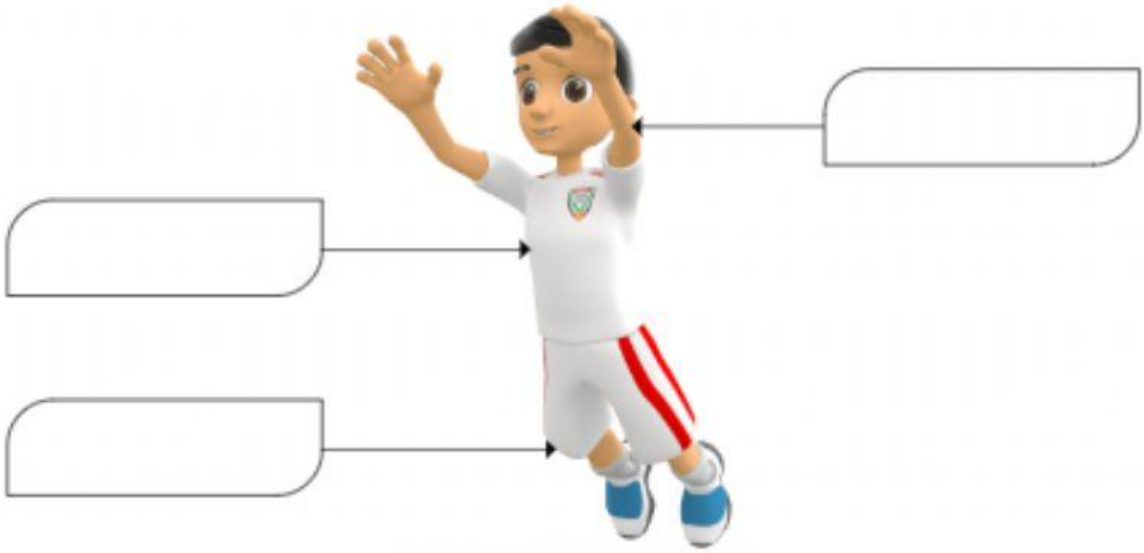
Long jump

The long jump is a field event. In the long jump, you jump as far as you can into the sand.

Activity 9

Label the parts of the body that help you jump far in the long jump. Use the words in the box below.



arms | chest | legs

TOP TIP

Run as fast as you can before you jump and you will jump further.

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