

Long jump

Long jump requires speed, correct techniques and strength to make a successful jump. The jumper sprints down the runway, takes off from the take-off board and lands in a pit filled with soft damp sand.

This event consists of four phases – the approach runway, take off, flight through the air and landing.



Approach runway

Begin the sprint with a forward lean to develop speed, but before reaching the board, the body should be upright.



Flight through the air

The legs swing forwards and are extended. The arms should sweep downwards to the front.

Q2: During the take-off stage, the jumper should step on what?
Q4: During landing, you should extend which body part?

Worksheet 1: Chapter 6. Games and sport. page 68 - 69. P3/9 Midterm test.

Q1: For the approach stage, the jumper must do what?



Take off

Determine the take-off foot. The take-off foot must not touch the ground beyond the take-off board. At take off, the arms should be driven up.



Landing

The arms should be extended and pulled towards the back. The legs should be extended forwards. The trunk is leaning forwards over the thigh.

Q3: What does 'flight through the air' mean?

Q5: For the sport of long jump, the jumper must land in a pit filled with what?