

## 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 phrases – the approach runway, take off, flight through the air and landing.



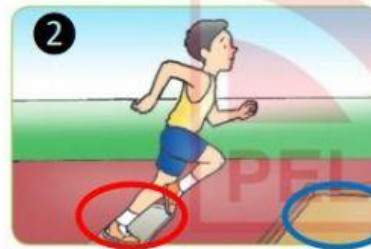
### Approach runway

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.



### 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.

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

Q2: During the take-off stage, the jumper should step on what?

Q4: During landing, you should extend which body part?

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?