

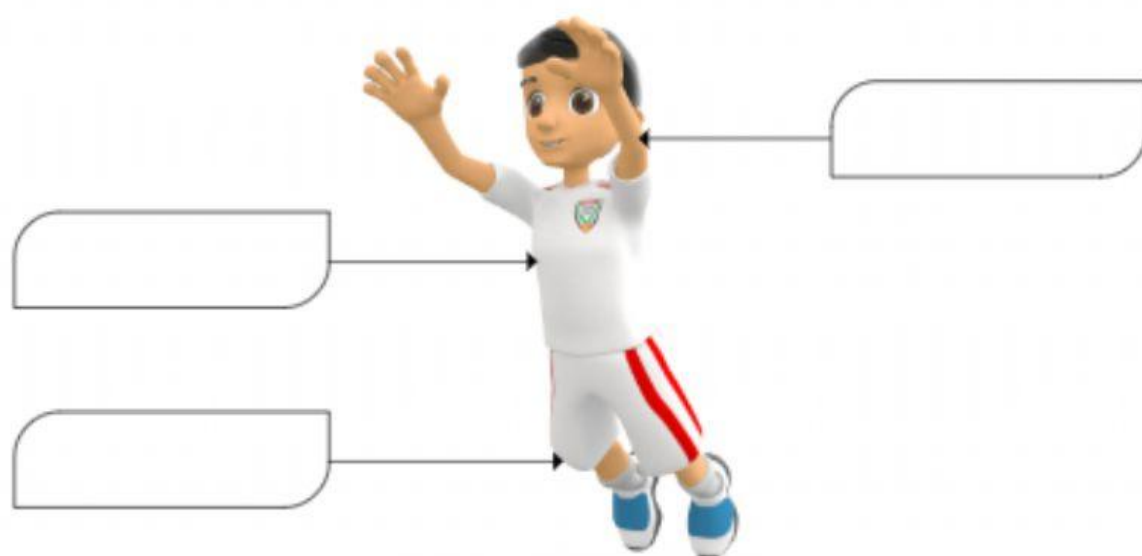
Long jump

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



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