

Class 4: Improving Our Standing Long Jump

Personal Challenge



Here are the 3 videos I have described in the Assignment Instructions for PE today.

We found in class last week, that lots of children had aches and pains the next day from using those muscles we may rarely use - standing long jump takes dedicated practise and a good warm-up.

I have searched for the best helpful videos and loaded 3 up to a Goggle drive for you to watch.

They are all good in different ways.

The first one shows you clearly the techniques needed, and pay good attention to the preparations at the end of the video. Make sure you do a set of 8 of each one before you start your jumps.

The second video is a little longer, and has lots of talking, but it is a good inspirational video, and the video clips of the jump are very clear - especially showing that straight body when you first take off at 45 degrees.

The third video takes you through some good exercises for improving techniques and is a good all round teaching video for the jump.

Video1:

<https://drive.google.com/file/d/1uE-ecEtydL4nA6p4gFi5dvhStdrrpES9/view?usp=sharing>

Video 2:

<https://drive.google.com/file/d/1RX7sok5qhyFjUo3MnNcbYesvOLqRdrUy/view?usp=sharing>

Video 3:

https://drive.google.com/file/d/1vvncLVcmhNRUirYuU-eSlpHYIFN_pfo/view?usp=sharing