**‘How to’ measure Standing Long Jump**

**1.**

Always complete a warm up before you begin jumping. A warm up is important to increase your heart rate and reduce the risk of getting injured. 10 minutes jogging/exercising.

**2.**

Do some stretching exercises to make sure your muscles are flexible and this will help you to jump further. 3 important muscle groups found in your legs are your **quadriceps** at the top/front, the **hamstrings** at the top/back and the **calf** muscles at the bottom/back of your legs.

  

Quadricep Stretch Hamstring Stretch Calf Stretch

**3.**

Use a tape measure set up on the floor at the side.

Get someone to watch and measure for you.

**4.**

Put your toes behind the starting line.

Bend your knees and swing your arms.



**5.**

Jump up and forward, as far as you can.

Try and land steady so the distance can be measured accurately, to the back of your feet.



**6.**

Don’t step back. If you step back or fall back you measure to the furthest back where you touch the ground.

**7.**

Your score is the **best of the three** attempts.

**8.**

Now write down your best score.

**History of Standing Long Jump**

**9.** The standing long jump, also known as the standing broad jump, was an Olympic event until 1912.

**10.**Ray Ewry set the first world record for the standing long jump at 3.47 m on September 3, **1904**.

The current world record is held by Byron Jones, who recorded a jump of 3.73 m on February 23, **2015**.

**11.** Today, Norway is the only country where the standing long jump is a national championship event. The Norwegian Championships in Standing Jumps (long jump and high jump) has been held in Stange every winter since 1995.

**Further Improving your distance**

**12.**

Stretching: do some stretching exercises for the three important leg muscle groups. 10 minutes each day would help keep your muscles flexible.

**13.**

 Strength: do some exercises to build up strength in your leg muscles, like step ups, star jumps, vertical bounce or just walking/running up steps.