St Mungo’s Academy PE Department

Standing Long Jump Rules

What to do:

Use a tape measure set up at the side.

Get someone to watch and measure for you.

Put your toes behind the starting line.

Bend your knees and swing your arms.

Jump up and as far as you can.

Try and land steady so the distance can be measured accurately.

If you step back or fall back you measure to where you touch the ground.

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

