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| --- | --- |
| **Name Class****Questions** | **Answer** |
| 1. Give 2 reasons why you should complete a warm up before doing the Standing Long Jump
 | a.b. |
| 1. Fill in the table.

Unscramble the words that spell out the three main muscle groups in the legs and say where in the leg you would find them. |  LFAC UDSPQIRAEC SSMRITAHGN

|  |  |
| --- | --- |
| **Area found in Leg** | **Muscle Group**  |
| Top of leg/Front  |  |
| Top of leg/Back  |  |
| Lower leg/Back |  |

 |
| 1. Where is your distance jumped measured to?
 | It is measured from the starting line to |
| 1. How many attempts do you get?
 |  |
| 1. Write in your best standing long jump.
 |  |
| 1. What is another name for the standing long jump?
 |  |
| 1. Who set the first world record for the standing long jump?
 |  |
| 1. Read points 12 and 13 then write down

2 ways **you** could improve **your distance**? | a.b. |