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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. |