



Equipment:

- Chalk
- Tape Measure
- 2 Cones
- Scorecard
- Pen

Master Scorecard on reverse

Teaching Points:

- Stand behind the line
- Both feet together
- Use arms, knees and legs to propel the subject forward
- Perform three 3 continuous jumps
- Mark the back point of the heel or body part when the third landing has taken place

Please Note:

- **PARTICIPANTS CANNOT STOP BETWEEN EACH JUMP** (or it is deemed a foul jump and an unfair test)
- Each pupil has 3 attempts
- The official must state the distances after each attempt
- The pupil must remember and record the best score
- **Teacher/Official** - Time and Record Score

