

KEY STAGE 3

LONG JUMP BASIC RULES & SKILLS



Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Long Jump.

Basic Rules

Objective of Long Jump

The objective of the long jump is to jump the farthest distance possible from a running start. In competitive long jump, the athlete sprints down a runway and then takes off from a designated board or line, attempting to propel themselves as far forward as possible into a sandpit. The distance of the jump is measured from the edge of the take-off board to the nearest mark in the sand made by any part of the athlete's body (usually the heel). The athlete with the longest jump is the winner of the competition. The long jump is a popular track and field event that requires speed, power, and technique.

Key Rules

Athletes can start their approach wherever they wish and is best for them. The runway is 40 meters long and 1.22 meters wide. The athlete must take off on or before the white board on the floor before the sandpit. If the athlete's foot reaches any part of the red part of the board or beyond it is classified as a failed attempt.

Scoring

Distance measuring, each jump is measured to the nearest centimetre. The largest distance after all 3 jumps is complete is announced the winner.

Phases

Stages of a Good Technique

During long jump it is crucial that the athlete has a good technique for them to reach their maximum potential. The phases of long jump is broken down into 4:

Approach

To begin the athlete must complete a run up towards the take-off board. This approach for athletes is usually between 10-16 strides, they must gradually increase their speed until they reach the take-off mat to ensure they gain maximum momentum.

Take Off

This phase should be explosive and powerful, as they push off their dominant foot, they will swing their arms and legs forward. They must take off on the white of the take-off board or before, if any part of their foot is in the red area it is classed as a failed attempt.

Flight

The athlete should aim to stay as horizontal as possible during their time in the air.

Landing

As they land, they will be aiming to land on the balls of their feet ensuring their knees are bent slightly and their body is leaning forward to prevent injury.

The Run Up

For an athlete to be successful they must know how to work out their stride length. This is typically done by the athlete starting on the start line of the track and pacing out 10 steps. This is then measured to divide the distance by 10, this will then give the athlete their average stride length. This will then be measured from the take off point backwards to ensure that the athlete has enough room to complete their run up.

It is typical for elite male athletes to take 20 strides and elite female athletes to take 16 strides, however for young adults it is typical for them to take 10-16 strides depending on the athlete.

If your average stride length is 1.5 metres and your total number of strides is 12, your distance would be 18 meters ($1.5 \times 12 = 18$).

Another way for students to measure their starting point is for them to start on the take off point and begin their approach back to the starting point with another student or coach counting the steps, marking where they reached their optimal stride count and testing if this distance works for them and adjusting it accordingly.

Key Skills

Speed

Athletes must have a fast and explosive run up to generate enough speed to create a successful jump.

Coordination

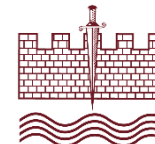
Coordination is essential for an athlete taking part in long jump to create a powerful take off as well as a smooth landing.

Power

Power is important for long jump as they need to be able to create a larger amount of power in a short space of time for a successful jump.

Balance

Maintaining balance during each of the phases in long jump is essential for a successful jump, to remain balanced during all the phases can be crucial if it is lost at all.



KEY STAGE 3

HOMework / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

When do you take off?

How many strides should there be before take-off?

How do I determine what foot to take off?

What do your arms do when you are in the air?

What do your legs do when you are in the air?

What are the basic rules and regulations of long jump?

How do the different techniques differ from one another?

How can the common mistakes be avoided?

How do you transition smoothly between each phase?

What are the key muscles and muscle groups used in long jump and how are they trained to enhance performance?

How do environmental factors affect an athlete's performance such as wind, rain, and temperature?

Key Vocabulary

Approach – The run up before take-off.

Balance – Maintaining core strength throughout each phase to remain stable.

Board – The take-off point marked on the runway.

Coordination – The ability to keep everything in order and remain smooth and in control.

Flight – The time the athlete is in the air.

Fouled – This is an infraction of the rules of long jump, e.g., taking off on or after the red mark on the floor.

Landing – How the athlete lands in the sand.

Phase – This is each step of how to perform the long jump correctly e.g., the approach, take off, flight and landing.

Power – The strength of the athlete's approach and take off from the board.

Speed – The quickness of the athlete's approach.

Take off – The way the athlete leaves the floor from the board.

Assessment Levels

Things to look for when assessing:

- Are they able to consistently take off from the correct place?
- Do they know where they begin their approach from?
- Are they consistent when taking off?
- Can they remain balanced throughout their attempt?
- Can they uphold their speed during their approach?
- Have they got an understanding of how much power they need to take off?
- Are they aware of how many attempts they have?
- Are they consistent with their arms and legs during the flight phase?
- Are they able to land smoothly at the end of each jump?

Grade 3:

- Remember five key rules/ measuring systems.
- Recall the teaching points for each phase.
- Demonstrate a basic run up technique approaching the board.
- Display each phase, approach, take off, flight and landing in isolation.
- Combine all phases together and work towards the sandpit.

Grade 4:

- Apply the phases consistently into a competitive situation.
- Understand the phases and describe the teaching points for each.
- Demonstrate a smooth long jump attempt into the sandpit after a clean run up.
- Show independently how to measure their run up so they accurately land on the take-off board on the correct foot.
- Describe majority of the rules in long jump and discuss how to improve their distance.

Grade 5-6:

- Analyse their own technique or a peer's technique in each of the phases.
- Understand how to complete each phase to create maximum distance.
- Apply and evaluate different tactics to increase distance.
- Combine the phases effectively with consistent precision, speed, and accuracy, e.g., a full paced run up, accurate take-off and successful combination of all three triple jump phases.
- Apply skills and techniques accurately in pressured situations.

Grade 7-9:

- Be able to consistently use advanced techniques in competitive situations.
- Can adapt "their technique" to suit their opposition's weaknesses.
- Can develop practices and tactics in training sessions confidently.
- Can assess and improve other pupils' performances.