**Athletics Activity Challenge (2)**

**Have fun and make sure you warm up, and also stretch before and after the activity.**

**STANDING LONG JUMP**

**Instructions**

Use 2 cones (or cone alternative) to set out a starting point and position your feet in the middle.

Slightly bend your knees.

Begin swinging your arms back and forth.

When you have built up a good rhythm, jump forward and land with 2 feet on the floor.

Using a cone, chalk or measuring devise- mark where you have landed.

Return to the start and attempt to beat your previous distance.

\*Remember to have soft knees on landing\*

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