

Running Long Jump Discovery Questions

Try Jumping over a short distance...

1. *with your arms down by your sides and keeping them straight;*
2. *from a standing position*
3. *with a short run*
4. *from two feet to two foot*
5. *from left foot to two feet*
6. *from right foot to two feet*

Do you think any of these ways of jumping are efficient ways of jumping for distance?