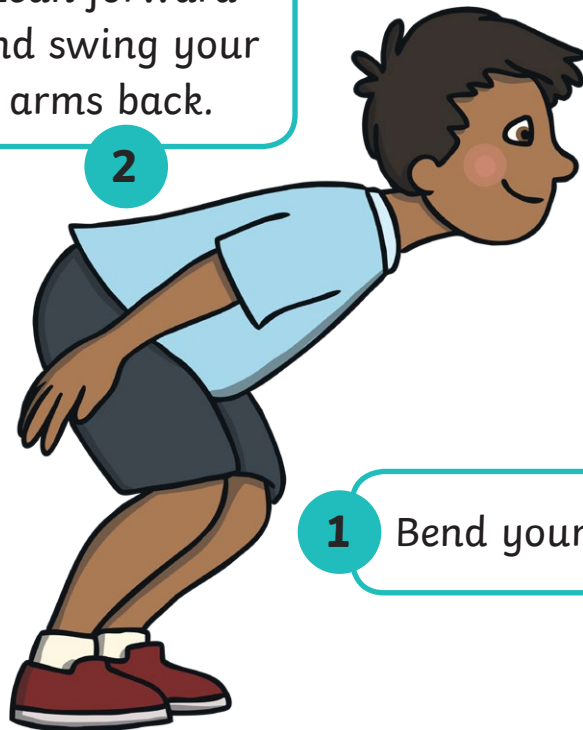


Jumping for distance is jumping as far as you can. You need to jump for distance during the athletics activities long jump and triple jump. It is important to land safely when jumping for distance.

Lean forward
and swing your
arms back.

2

1 Bend your knees



4 Jump as far as
you can.

3

Swing up and forwards,
swinging your legs forward.

5

Land safely.

