

Standing Long Jump

Technique and How to Measure



Leeds Well School Partnership
Physical Activity • Physical Education • Sport

*Be Active
Be Your Best!*

Jump for distance using two feet take off and two feet landing.

1 Set up



Place the measuring mat on a flat surface. Ensure it is straight, secure and up against a wall or stop to prevent it moving.

2 Start position



Stand with both feet behind the start line, feet level and shoulder width apart. Bend your knees and swing your arms back.

3 Jump



Swing your arms forwards and jump as far forward as possible, taking off and landing on both feet.

4 Land



Land on both feet where possible and keep your balance. Do not step back after landing.

5 Find the landing point



Identify the point where the back of the heels land. This is the measurement point.

6 Measure and record



Read the distance on the mat at the back of the nearest heel. Record the distance to the nearest 5 cm (e.g. 1.60 m).

★ Top Tips

- Both feet must take off together.
- Land on both feet where possible.
- Measure from the start line to the back of the nearest heel.
- If an athlete falls backwards, measure from the back of the hand or body part nearest to the start line.
- Always read the measurement at a right angle to the mat.
- Use the same mat and units throughout the competition.
- Give each athlete practice jumps to become familiar with the technique.



Key Points

- ✓ Two feet take off, two feet landing.
- ✓ Measure to the back of the nearest heel.
- ✓ Record to the nearest 5 cm.
- ✓ Do not step back after landing.
- ✓ Be fair, consistent and encouraging!



Why it Matters

The standing long jump helps develop leg strength, balance, coordination and confidence. It's a fun way for everyone to take part and try their best!

MORE PEOPLE MORE ACTIVE