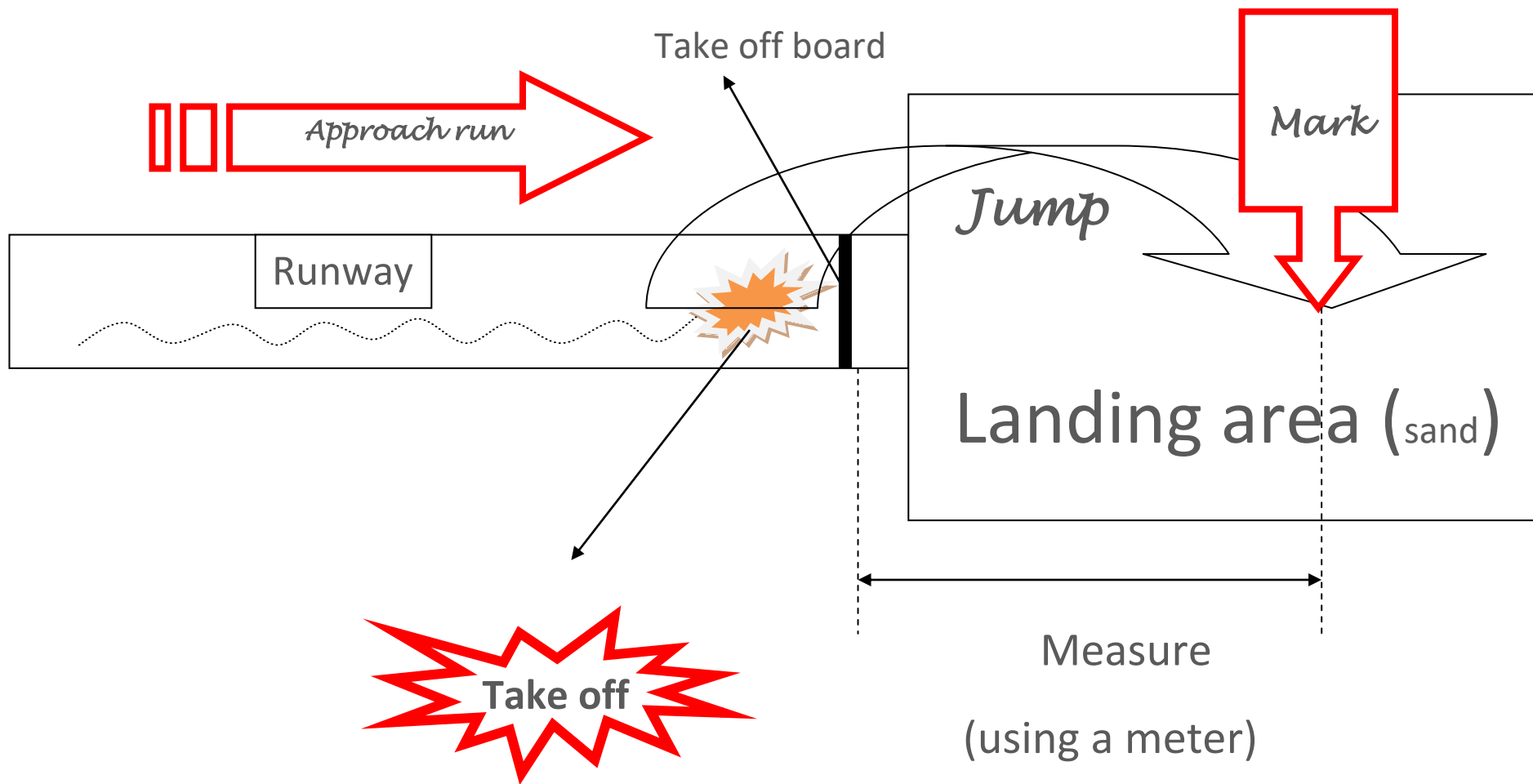


Long jump



Long jump



Remember : to jump far you need **speed** and:

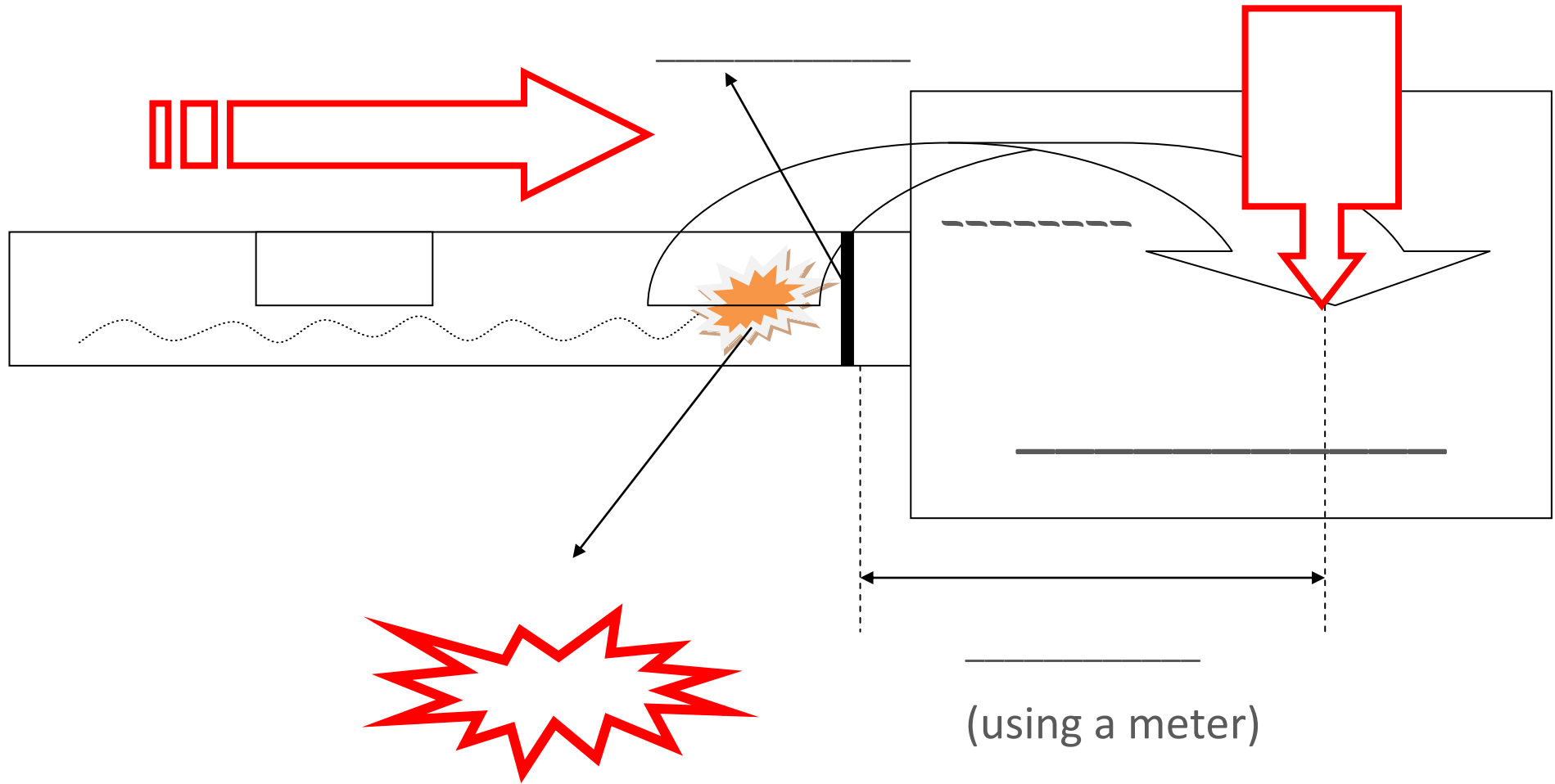
1) Take off on the
Take off board

2) Jump high
approximately 30°

3) Lift legs when
landing.



Long jump



Runway ; take off ; land ; mark ; speed ; high

Long jump



Remember : to jump far you need _____ and:

1) _____ on the
_____ board

2) Jump _____
approximately _____

3) Lift legs when
_____.

