

## Field Events: Jumping

Look at the techniques required for the Long Jump and High Jump.

### Long Jump



#### The Approach

- Gradual acceleration through run up (make sure its not too long)
- Should use sprinting technique
- Stay relaxed and focused forward

#### The Take off (BLUE)

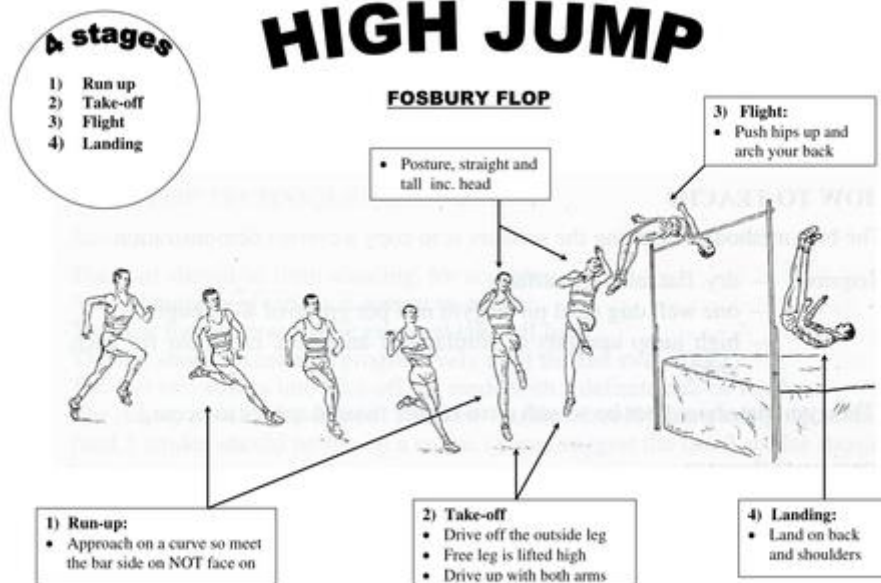
- Only use one foot to take off.
- Foot should be planted into the ground, push through and up into the air.
- Leading knee and opposite arm should swing upwards.
- Keep looking ahead, not at the board or sand.
- Don't jump too high, focus on the distance.

#### Flight (RED)

- Rotate the body from straight position at take off, into a 'banana' shape before curving over in preparation for landing. This is called the Hang technique.
- Arms should be above your head, legs hanging down.
- Then swing arms down and lift legs up.

#### The Landing (YELLOW)

- Bend knees to soften impact and bring arms forward to stop them falling backwards into the sand.



As you do not have a sand pit or high jump mats in your garden to practice, we will look at the components of fitness you need to be successful in each event.

**Power** is the component of fitness needed for each take off stage.

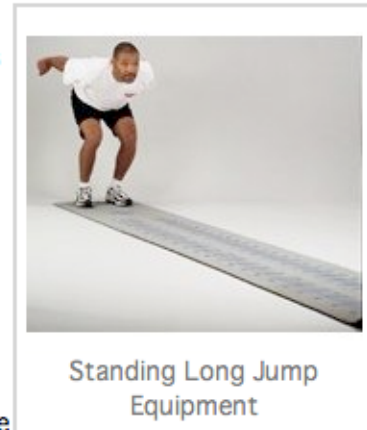
## Standing Broad Jump Test

Follow the procedure below, complete 3 jumps and take your best score

### Standing Long Jump Test (Broad Jump)

The Standing long jump, also called the Broad Jump, is a common and easy to administer test of explosive leg power. It is one of the fitness tests in the [NFL Combine](#). The standing long jump was also once an event at the [Olympic Games](#), and is also an event in Sports Hall competitions in the UK.

- ① **purpose:** to measure the explosive power of the legs
- ① **equipment required:** [tape measure](#) to measure distance jumped, non-slip floor for takeoff, and soft landing area preferred. Commercial [Long Jump Landing Mats](#) are also available. The take off line should be clearly marked.
- ① **procedure:** The athlete stands behind a line marked on the ground with feet slightly apart. A two foot take-off and landing is used, with swinging of the arms and bending of the knees to provide forward drive. The subject attempts to jump as far as possible, landing on both feet without falling backwards. Three attempts are allowed. See some [long jump video examples](#).



The following table is for male athletes (adapted from: Hede et al. 2011)<sup>[2]</sup>:

Age	Excellent	Above average	Average	Below average	Poor
14	> 2.11m	2.11 - 1.96m	1.95 - 1.85m	1.84 - 1.68m	<1.68m
15	>2.26m	1.26 - 2.11m	2.10 - 1.98m	1.97 - 1.85m	<1.85m
16	>2.36m	2.36 - 2.21m	2.20 - 2.11m	2.10 - 1.98m	<1.98m
>16	>2.44m	2.44 - 2.29m	2.28 - 2.16m	2.15 - 1.98m	<1.98m

The following table is for female athletes (adapted from: Hede et al. 2011)<sup>[2]</sup>:

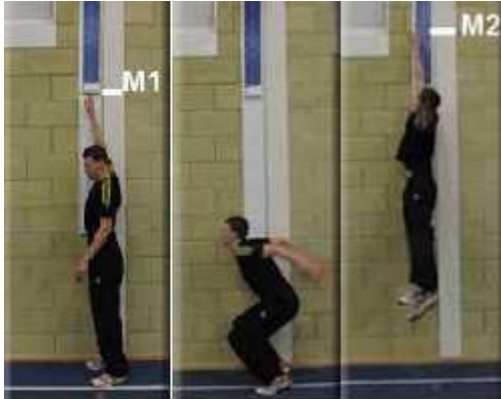
Age	Excellent	Above average	Average	Below average	Poor
14	>1.91m	1.91 - 1.73m	1.72 - 1.60m	1.59 - 1.47m	<1.47m
15	>1.85m	1.84 - 1.73m	1.72 - 1.60m	1.59 - 1.50m	<1.50m
16	>1.83m	1.83 - 1.68m	1.67 - 1.58m	1.57 - 1.45m	<1.45m
>16	>1.91m	1.91 - 1.78m	1.77 - 1.63m	1.62 - 1.50m	<1.50m

The table above gives the normative data for the standing long jump. How well have you done?

## Vertical Jump Test

### How to Measure Vertical Jump at Home without Any Equipment

#### Steps for Measuring Standing Vertical Jump:



1. Stand beside a wall outside with your strong side next to the wall.
2. Standing straight up, raise the arm closest to the wall all the way up, reaching as high as you can.
3. Mark the wall using chalk or have a friend mark the wall.
4. Put some chalk on your fingers. They will be used to mark the wall.
5. From a standing position, bend your knees and jump as high as you can.
6. At the height of your jump, reach as high as you can and touch the wall. The chalk should leave a mark.
7. Do the jump and reach 2 more times, for a total of 3 jumps.
8. Measure the distance between each mark (measure the size of one brick, then count how many bricks are in between your 2 marks to get your score, e.g. if your brick is 10cm wide and you have 4 bricks between each mark, your score is 40cm.)

**Normative data:** Use this chart to see how your score compares:

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

