

Track and Field Long Jump Task

Long Jump Teaching Task #1: Landing Drill

Jump from a box that is placed near the edge of the jumping pit and is about 1 foot (.3 m) high. While in the air, lift the arms and try to make a backwards “C,” and then quickly pull the legs forward so that you land on the heels and butt (sitting position). Arms also pull forward toward toes.

Success check:

- _____ One-foot takeoff
- _____ Body goes high and forward
- _____ Body makes a backward “C”
- _____ Land in a seated position with the legs extended forward

Goal: To jump into the air 10 times showing the “C” position and then land in a seated position. Partner checks to verify seeing the “C” position.

Partner Skill Check: Long Jump **Name:** _____

Task or skill	Partner's initials	Date
Task 1: Landing drill with a box: One-foot takeoff with body going high while making a backward “C”; land in a seated position		
Task 2: Landing drill without a box: One-foot takeoff with body going high while making a backward “C”; land in a seated position		
Task 3: Pop-up drill: First step long, second step short, third step with heel-toe action; arms swing forward		
Task 4: Finding the takeoff foot: I take off from my _____ (right or left) foot.		
Task 5: Three-step approach with a running start: Three-step approach, run through landing		
Task 6: Check to indicate that I showed a “C” position three times: #1 _____ #2 _____ #3 _____		
Task 7: I start my approach from _____ (meters) away from the tape mark.		
Task 8: My quiz score was: _____		
Task 9: My distances for my best three jumps: #1 = _____; #2 = _____; #3 = _____		
I watched the video recording of my long jump and assessed my form using the critical elements. _____ (your initials)		