

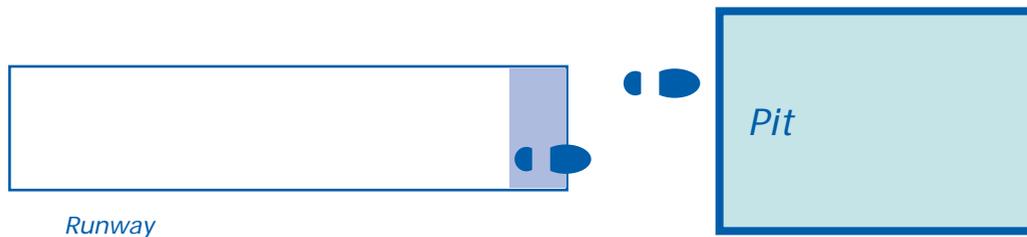
A. The Run-Up

It is important to explain to students the necessity of measuring your run-up ('taking your mark') to get optimum distance in jumping.

A 9/11 stride run-up is sufficient for young students, older students will need to use a longer approach run in order to be at maximum speed on take-off.

Get students to perform the following steps to measure their mark.

1. Each jumper stands in stride position, facing back down the run-way, with the toes of the non-jumping foot placed against the front edge of the take-off board.

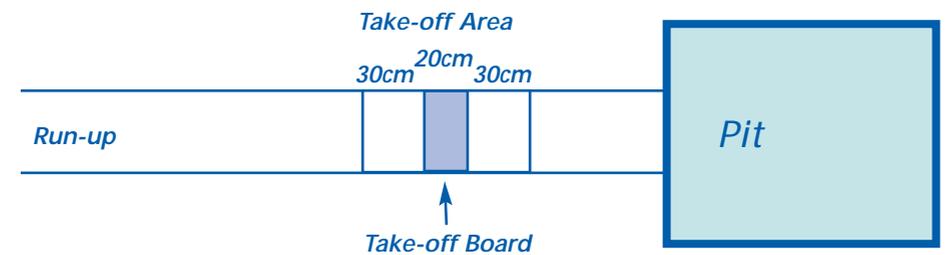


2. The jumper sprints 9 strides down the runway, with the first stride taken by the jumping foot.
3. The teacher or a student counts each footfall of the jumping leg - 1, 3, 5, 7, 9 (this is much easier than counting every fall).
4. Mark on the runway where the 9th stride landed and this will give an approximate starting point for the run-up.
5. The jumper now puts non-jumping foot on the start/mark and sprints back towards the pit, the jumping foot taking the first stride. The uneven number of strides in the run-up should put the jumping foot on the board for the take-off.

Note - Encourage students to sprint at top speed, both when taking their mark and when jumping. Students often slow-down when approaching their final stride of measuring their run-up.

B. The Take-Off

Initially, it is much better to allow students take off from a 'take-off area' rather than a board, as this helps students relax a little more during run-up and less concerned about hitting an exact spot for takeoff.



A take-off board is 20cm in width, the extra take-off area can be marked 30cm either side of the board with chalk or tape.

Stand by the take-off area and note the position of the take-off foot and the take-off board. Help the student adjust the start of the run up to bring the take-off as close to the board as possible.

On take-off, you want the student to lift the thigh of the leading leg up and forward and then drive powerfully with the jumping leg. The upper body is perpendicular, head is up with eyes looking forward.