

LESSON - 5

LONG JUMP

The following skills will be learnt in this lesson:

- Check Mark
- Take of action in the air flight.
- Landing collapse.

General conditioning exercises:

1. To develop speed - 30 Mtrs Sprint, 4-5 repetitions.
2. To develop jumping ability - bounding, hopping, and rabbit jump.
3. To develop strength in trunk and legs - leg press, half squat etc.
4. To develop flexibility - sit and reach.
5. To develop vertical jump ability- standing vertical jump.
6. To develop broad jump ability - standing broad jump.

NOTE: Before practising the above exercise athlete has to do proper warm up exercise i.e., 10 min slow running followed by simple calisthenic exercises. A proper warm up helps the body to get ready for regress activities.

Standing Broad Jump:

- An athlete should stand on the edge of the take off board, at the same time arms should back, get in to the half squat position, body should bent forward. And head erect.



fig. 5.1 Standing Jump

- The Jump should be attempted by the backward swing of the arms.
- Landing should be on the both feet.

Check Mark:

Check mark is the most important aspect in the long jump. Check mark is nothing but fixing the running mark for Long jump on the runway.

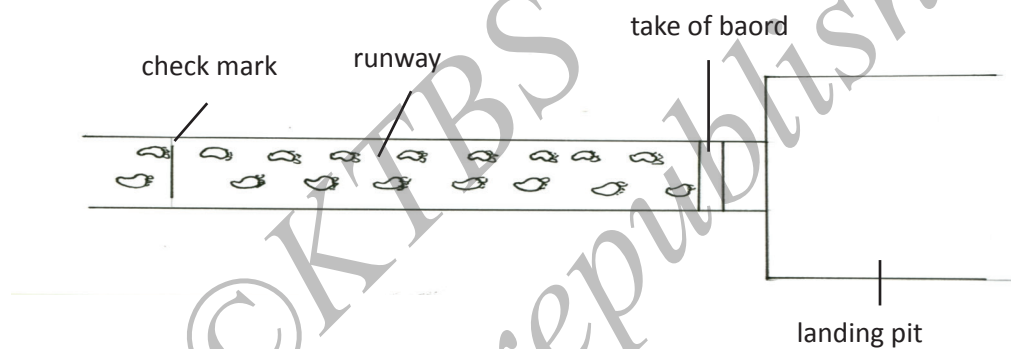


Fig. 5. 2 check Mark

Long Jump with approach turn

For fixing the check mark athlete should be in front of the take off board, run forward with the maximum speed as much as he requires. Fix the mark while taking a jump. Always the last step should be short one.

Styles in long jump:

Action in the Air - Sail Technique:

While in the air:

After taking a jump athlete should bring both his feet forward and raise them as high as possible and body should lean forward, arms should be on side of the feet.



fig. 5.3 action in the air

Landing collapse:

Landing collapse: At the time of landing both leg should be brought forward and land on both feet but heels should touch the sand first and then hips by leaning forward.

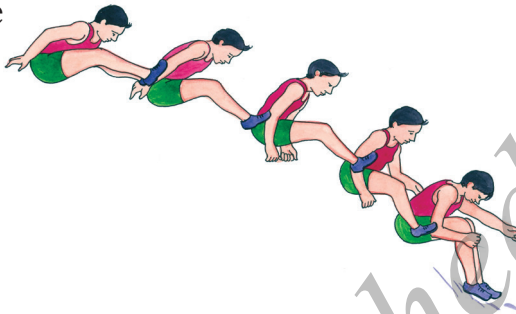


fig. 5.4 Landing Collapse

Activity:

Ask the students to practise the above shown techniques in their village or school ground.

Olympic motto

More distance, more strength, more speed.

