



## Broad jump, 3 Broad jumps

To test leg strength and endurance

### Equipment needed

- Measuring tape

### Proper form of Broad jump

- Allow athletes both a demonstration and practice round
- Have athletes stand at the end of the measuring tape
- Ask them to perform their biggest single jump forward
- Athletes must land on two feet
- Ensure they are swinging their arms, bending their legs and reaching as far as possible
- Measure and record the distance they jump
- If they step backwards, measure from that point
  - Measure from the back of their heel – the point closest to the start mark



### Proper form of Three Broad Jumps

- Allow athletes a practice round
- Have athletes stand at end of tape
- Have athletes perform three 2 footed jumps forward with no pause between jumps
- Ensure they are landing on both feet for every jump
- Measure the final distance of the three jumps
  - Measure from the back of their heel – the point closest to the start mark