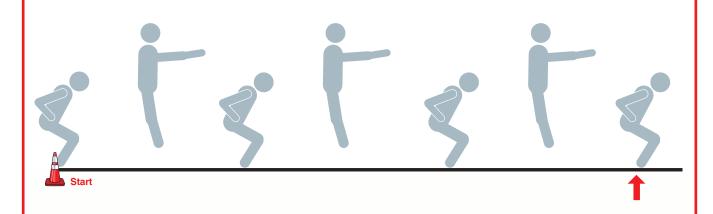


POWER

2 Footed Jump







Equipment:

- Chalk
- Scorecard
- Tape Measurer
- Pen
- 2 Cones

Master Scorecard on reverse

Teaching Points:

- Stand behind the line
- Both feet together
- Use arms, knees and legs to propel the subject forward
- Perform three 3 continuous jumps
- Mark the back point of the heel or body part when the third landing has taken place

Please Note:

- PARTICIPANTS CANNOT STOP
 BETWEEN EACH JUMP (or it is deemed
 a foul jump and an unfair test)
- Each pupil has 3 attempts
- The official must state the distances after each attempt
- The pupil must remember and record the best score
- Teacher/Official Time and Record Score

