

LIST OF JUMPS

Instructions: Put 5-10 evenly spaced consecutive lines of painters tape down on your floor. Record your results for each of the following jumps by writing down which line you made it to.

- **Long Jump:** How far can you jump starting from standing at the first line?

- **Run 'n' Jump:** How far can you jump if you get a running start?

- **Long Jump Backwards:** How far can you jump backwards, starting at the first line?

- **Hop:** How far can you jump on just your right leg? What about your left leg?

- **Reach 'n' Stretch:** How far can your leg reach with one foot on the "start" line?
