

A young girl with blonde hair, wearing a maroon school uniform with a yellow tie, is shown in profile, looking down. The background is blurred, showing another child in a similar uniform. The image has a pink vertical bar on the left and a dark maroon horizontal bar at the bottom.

HOW TO.....

Hints and tips for helping your children

FIELD

- LONG / TRIPLE JUMP -



Today, we'll cover "how to"
do the horizontal jumps.

A close-up, low-angle shot of a person's legs from the knees down, wearing black leggings and black and white running shoes with red accents. They are standing on a red running track with white lane markings. The background is slightly blurred, showing the curve of the track.

BEFORE YOU START

- Ensure runway is flat and clear of objects
- Take off board or mat is flush with the ground and pegged in
- Dig and rake the sand so landing is soft and level
- Clear pit of athletes, rakes and shovels before each jump



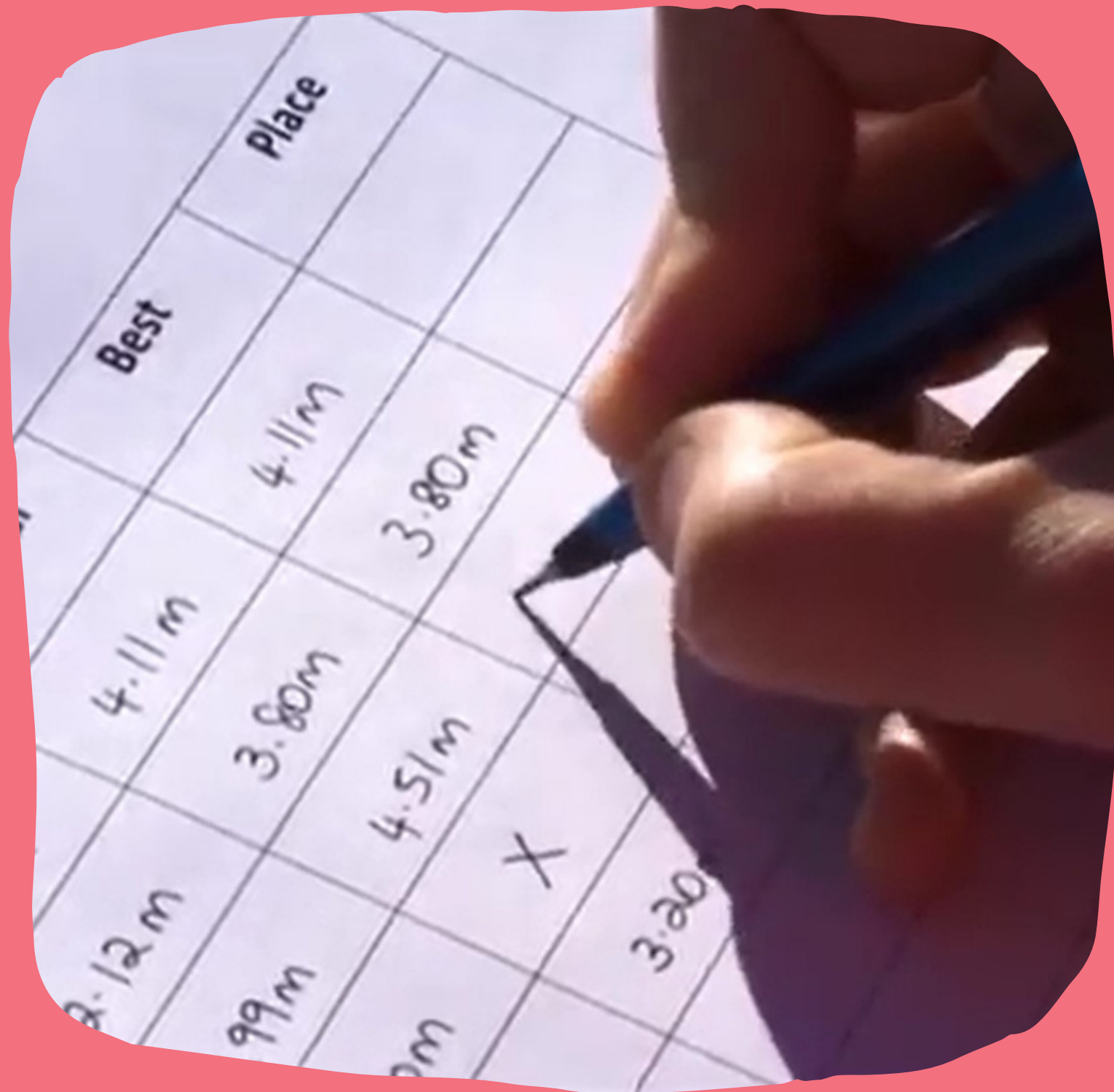
MEASURING

***SPIKE TO THE NEAREST BREAK IN THE SAND
TO THE TAKE OFF POINT***



***MEASURE TO THE TOE PRINT ON TAKE OFF MAT
OR FRONT OF TAKE OFF BOARD***





- Record the jump by rounding down to the nearest whole centimeter (cm)

- Rake pit and smooth sand on take off mat after each jump



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***COMPONENTS
FOR THE
JUMPING
EVENTS***



RUN UP

A person is running on a red track towards the camera. The track is flanked by green grass. In the background, there are trees and a small building. A pink overlay covers the left side of the image.

- Run up length is approx. their age
- Should be fastest towards take off area and at take off



TAKE OFF

- Remain upright
- Take off foot slightly in front of hips
- Drive the knee and arms high

FLIGHT

- Arms up
- Legs up
- Try to avoid stamping feet down

LANDING

- Land with feet close together
- Body weight goes forward (over feet)



Triple Jump Sequence



FOR MORE DETAILED INFORMATION ABOUT THE RULES AND OFFICIATING CONTACT:

- ***YOUR CENTRE OFFICIALS OFFICER***
- ***YOUR CENTRE COMMITTEE***
- ***THE LAQ WEBSITE***

