# RECRIPROCAL CARD

## STANDING LONG JUMP

### Key Teaching Points

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Attempt 1 | Attempt 2 | Attempt 3 | Distance achieved |
| Take off |  |  |  |  |
| * Feet shoulder width apart |  |  |  |  |
| * Arms swing backwards and then forwards |  |  |  |  |
| * Knees bent before take off |  |  |  |  |
| * Two-footed take off |  |  |  |  |
| Landing |  |  |  |  |
| * Two footed landing |  |  |  |  |
| * Knees bent on landing |  |  |  |  |
| * Head faces forwards |  |  |  |  |

### Task

In pairs:

1. Pupil 1 stands with feet level with the take-off cone
2. They make 3 attempts to jump
3. Pupil 2 makes comments based on the key teaching points after each attempt and gives feedback to pupil 1.
4. After all three attempts the final distance is recorded and pupils swap roles.



Take off cone Cones set to measure distance