**Athletics**

**Jumping – Standing Triple Jump**

**Complete this Sheet and attach a photo/video of you performing the Standing Triple Jump**

Standing

Triple

 Jump Scores

Jump

1

–

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jump 2

–

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jump 3

–

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Extension Task

–

Challenge a member of your

family to participate in the triple jump. You

will need to coach them through the different

stages of the jump. Look for WWW’s and EBI’s

to improve their performance, then record th

eir scores!

Athlete Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jump

1

–

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jump 2

–

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jump 3

–

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many jumps would it take you to break a

world record?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_