



Instructions for Administering Standing Long Jump

Equipment needed:

Measuring tape

Tape or chalk to mark starting line.

Soft turf is desirable over black top or concrete

- **Stand with feet about shoulder width apart behind starting line.**
- **Squat down and jump as far forward as you can.**
- **Land on both feet.**
- **Measure the distance from the starting line to where heel lands.**
- **Take best of 2-3 jumps**

Reference articles:

<https://www.twinkl.com/teaching-wiki/standing-long-jump>

<https://www.topendsports.com/testing/tests/longjump.htm>