

**Learning resource 3.1: Instruction cards**

**World's longest jump**



1. Stand with both feet on the line.
2. Jump forward and land with both feet together.
3. Your partner measures how far you jumped in centimetres and marks it on the tape.
4. Repeat steps 1–3 for one more jump.
5. Calculate the mean length of your two jumps.

Jump 1 \_\_\_\_\_ cm

Jump 2 \_\_\_\_\_ cm

Average \_\_\_\_\_ cm

6. How many of your average jumps added together would make the world record jump of 9 m?

**World's longest jump**



1. Stand with both feet on the line.
2. Jump forward and land with both feet together.
3. Your partner measures how far you jumped in centimetres and marks it on the tape.
4. Repeat steps 1–3 for two more jumps.
5. Calculate the mean length of your three jumps.

Jump 1 \_\_\_\_\_ cm

Jump 2 \_\_\_\_\_ cm

Jump 3 \_\_\_\_\_ cm

Average \_\_\_\_\_ cm

6. How many times longer than your average jump is the world record jump?

**World's longest jump**



1. Stand with both feet on the line.
2. Jump forward and land with both feet together.
3. Your partner measures how far you jumped in centimetres and marks it on the tape.
4. Repeat steps 1–3 for two more jumps and calculate the mean length of your three jumps.

Jump 1 \_\_\_\_\_ cm

Jump 2 \_\_\_\_\_ cm

Jump 3 \_\_\_\_\_ cm

The mean length of my three jumps is \_\_\_\_\_ cm

6. How many times longer than your average jump is the world record jump?
7. Draw a scale representation of your mean jump and the world record jump.

