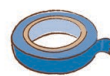


try this  
yourself

# long jump experiment

How far can you jump?  
Will running before help you jump farther?

you'll need:



masking tape

## experiment #1

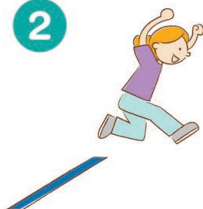
### standing and jumping

1



Stand in front  
of a start line.

2



Jump as far  
as you can.

record your observations:

## experiment #2

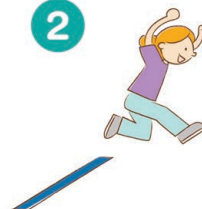
### running and jumping

1



Run towards a  
start line.

2



Before you pass  
the line, jump as  
far as you can.

record your observations:

In which experiment did you  
jump farther? (circle one)

#1

#2



### Jumping & Sports

The long jump is a track-and-field event where athletes jump from one point. In this event, people run down a path and jump as far as possible into a pit filled with sand.

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