



Field Day/Spirit Day 2020



Braves Long Jump

Carrie Ferrell - STS PETER AND PAUL

Type of Activity: Individual

Equipment Needed:

- ★ Cones or any object to mark position

Directions:

Mark a starting point and a jumping point. Runner starts at first cone and sprints to second cone where they jump out as far as they can and land. Mark the landing. Athlete can repeat as many times as they like to beat their last jump.

Video Link: | <https://youtu.be/hRpsCs5lldQ>