

# SKILL-RELATED FITNESS

## Challenge Activities

### Standing Long Jump Power Challenge

[YouTube Video Demo](#)

The object of this activity is to practice and improve your standing long jump distance.

Each day for 5 days you will practice a standing long jump and perform 3 sets of 10 squats to improve your power. Record your distance and reflect on your progress.

Use tape or another type of floor marker to create a starting line. Stand behind the line with your feet comfortably shoulder-width apart. Take off and land on two feet, swinging your arms and bending your knees to generate power for the jump. Mark the floor at the spot where your heels land. Try to beat that distance and move your mark each time you jump.

The current official world record is held by NFL cornerback player Byron Jones who jumped 12 ft 2  $\frac{3}{4}$  in at the NFL Combine in 2015.

Day #	Jump Distance	Perform 10 squats Check DONE when complete.	Reflect Did you improve? Were you focused on improvement? Provide proof in your reflection.
DAY 1		<input type="radio"/> Done	
DAY 2		<input type="radio"/> Done	
DAY 3		<input type="radio"/> Done	
DAY 4		<input type="radio"/> Done	
DAY 5		<input type="radio"/> Done	

