**Math and Physical Education – Measure Your Jump**

We are going to mix math and physical education together today by measuring how far we can jump. Your are going to measure your jumps using your steps in the same way that you did when you were [measuring the old fashioned way](http://sd41blogs.ca/mckennac/files/2020/04/Math-Meauring-the-Old-Fashioned-Way.docx) with your feet. Remember, you need to walk heel to toe when doing this kind of measuring.

Today, you are going measure how far you can jump.

You will need a starting line. It could be a stick, a rope, or a crack in the sidewalk. When you start your jump, you need to be behind that line.

Get someone to watch you jump and notice where you land. Put something on the ground to show where you landed.

Now, measre how far you jumped by using your footsteps. Start with your heel at the starting line and walk to the place where you landed. How far did you jump? Do you think that you can beat it?

Here are some different jumps that you can try:

**Standing long jump** – Stand with both feet behind the starting line, jump as far as you can and land on both feet.

**Hop on one foot** – Stand on one foot behind the line, jump as far as you can and land on the same foot? What if you land on the opposite foot?

**Running jump** – Back up 10 big steps from the starting line. Run to the starting line, jump off one foot and land on both feet.

Try each jump a few times. Write down the measurement for your longest jump for each kind of jump.

What is your record? Take a look at the World Record Holders on the blog post today. Imagine what it would feel like to be able to jump that far.