

TREND TASK



Standing Long Jump

Approach: Open space

Focus: Strength, coordination.

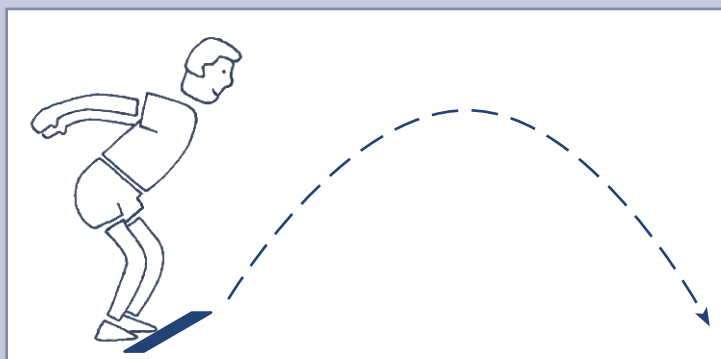
Resources: 4 bibs.

Level: Year 4 and year 8

Questions/instructions:

1. Stand with toes of **both** feet on the marker.
2. Jump as far and as well as you can.
3. Land and balance on **both** feet to the count of 3.

You have 3 goes.



		% responses				% responses	
		2002 ('98)	2002 ('98)			2002 ('98)	2002 ('98)
		year 4	year 8			year 4	year 8
Take off:	both feet together	97 (95)	96 (100)	Landing:	stable and held	56 (49)	59 (64)
	one foot first	3 (5)	4 (0)		moderate	35 (39)	33 (30)
Take off – arms swung from rear to front/top:	strongly	44 (46)	46 (50)	poor	8 (12)	8 (6)	
	moderately	43 (43)	38 (40)	Total score:	10	15 (16)	18 (15)
	weakly or not at all	13 (11)	16 (10)		8-9	32 (32)	33 (39)
	Take off – use of all leg/ankle joints:	stronge	41 (39)		43 (46)	6-7	37 (32)
moderate		50 (52)	46 (43)	4-5	11 (15)	13 (14)	
weakly		9 (9)	11 (11)	0-3	5 (5)	6 (1)	
Distance jumped (estimated):	approximately student's height	29 (34)	34 (31)				
	60 to 90% of height	60 (56)	54 (55)				
	less than 60% of height	11 (10)	12 (14)				

Commentary:

There was very little difference between year 4 and year 8 students on this task. Similarly, performance had not changed for either year level between 1998 and 2002.