A-Z School Games Challenge

A – Athletics

Challenge – How far can you jump?

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @SGOCoventryWest
FUN FACT – This activity acts as progression towards the LONG JUMP – which is an Olympic event, and for which the current world record is a whopping 8.95m – set by Mike Powell in 1991 (unbeaten for 29 years!). Click here to check it out.

If you have enjoyed this challenge and would like you get involved in more at home, click here to find out more. Alternatively if you’d like to know where to find your local athletics club take a look at https://www.englandathletics.org/athletics-and-running/

FOLLOW, RETWEET, GET INVOLVED!