
SPECIAL OLYMPICS WORLD GAMES

Athletics jumps



ACTIVITY: Athletics jumps

INCLUSION 2024

Special Olympics World Games

ABOUT SPECIAL OLYMPICS

The Special Olympics is the biggest sports programme for people who have disabilities in the world. It has over 5 million athletes in 174 countries. At the next World Games, to be held in Berlin, Germany in June 2023, 7000 athletes will participate in 26 sports.

These activity cards (linked to the video series) show ways in which you can bring the Special Olympics into your PE and school sport programme.



ATHLETICS JUMPS

- Jumps have been part of athletics since the ancient Greek Olympics.
- In ancient Greece, the long jump was part of a multi-discipline event that included running, javelin and boxing! The jumpers carried weights which they used to generate momentum by swinging their arms forward as they leapt.
- In the Special Olympics, the long jump involves running down a narrow track towards a line or board. The athletes must jump (usually into a sand pit) without stepping over the line/board.
- The standing jump (or broad jump) involves jumping as far forward into the pit as possible from a stationary position on the line.
- The distance each athlete has jumped is measured from the take-off point to the rear-most mark in the sand.

VARIATION

- Measure the distance jumped from the athlete's take-off point to the rear-most mark on landing. This can be done visually (by a judge), or a very light dusting of talcum powder can be sprinkled on the runway to indicate the take-off point.

PRACTISING

- Start with a **standing jump** before introducing movement.
- Practise swinging your arms back and forward – and at the same time bending your knees in rhythm.
- As the arms swing to the front, push with the legs and leap forward.
- Land with both feet at the same time.
- Ask a friend to place a marker to measure the distance. Try to swing your arms more, and push harder, to get past the mark.

RUNNING LONG JUMP

- Initially, focus on taking a few big steps before the take-off.
- Jump from your strongest foot, and land with both feet at the same time.
- Don't worry about hitting the take-off mark. Just concentrate on achieving a good rhythm.
- As you improve and become more confident, increase your run-up distance.
- Finally, measure your run-up by taking some big steps back from the take-off line to your start point. With practice, you will be able to jump close to the take-off line.

OPTIONS

Wheelchair users can participate in jumps by:

- taking one big push from a standing start; measure from the start line to the rear-most wheel where the chair comes to rest;
- pushing towards the start line (to build up momentum); a big, single push at the line; measure from the line to where the chair comes to rest.

Use the STEP adaptation tool to make changes to these activities and ensure that everyone is included.

SPACE

- Increase (or decrease) the distance to the take-off line.
- Are your jumps always further when you have a longer run-up?

TASK

- Count the number of steps you take between two points (maybe 10-15 metres apart).
- How can you take less steps to cover the same distance?

EQUIPMENT

- Use different coloured markers to create a 'jumps ladder' – arranged in a line with regular intervals from the take-off line.
- Jump as far as possible – record the colour of the marker that you reach.
- Try and reach the next colour in the ladder with a bigger jump (or push if a wheelchair user).

PEOPLE

- Some athletes might benefit from a sound cue (or call) to assist them in timing their jump. For example, young people who have a vision impairment can be supported by a friend calling from the opposite end of the jumps area.
- They can also indicate the take-off point by counting down the last three steps; for example, "three, two, one – jump!"

SAFETY

- Start with standing jumps before introducing movement.