

BBBAA Virtual Summer Camp  
Wednesday, August 12th  
Olympic Day

**Long Jump**



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- Have an adult mark out 70 steps from a certain point outdoors.
  - At the 20 step mark, put a piece of tape marking where to jump
  - Run towards the tape and jump just before you reach the tape
  - Jump as far as you can and make sure to land on 2 feet
- \*Try to beat the recorded distance each time\*