

# Jumping with Both Feet

## You need

- ruler or measuring tape
- measuring sheet

## Play with a partner.

1. Start with your toes behind the starting line.
2. Jump with both feet. You can take one or two practice jumps. When you are ready, say, "This is my final jump."
3. Your partner marks where your toes land.
4. Measure from the starting line to where your toes landed.
5. Record your measurement on the measuring sheet.