Long & Triple Jump

Measure out the distance for the following World Records (You might need a tape measure for this!)

Long Jump - Men: 8.95m (Mike Powell in 1991) & Women: 7.52m (Galina Chistyakova in 1988)

Triple Jump - Men: 18.29m (Jonathan Edwards in 1995) & Women: 15.50m (Inessa Kravets in 1995)

See how many standing long jumps it takes you to cover those distances. (See YouTube link for how to do a Standing Long Jump)

100m

Can you run as fast as you can on the spot for the same length of time it took Usain Bolt (9.58secs in 2009) & Florence Griffith-Joyner (10.49secs in 1988) to set their respective 100m World Records?