

Name: _____

How High Can You Jump?

Jumping without extra weight...

Jump #1: _____ inches

Jump #2: _____ inches

Jump #3: _____ inches

Now pick up a weight. How much does it weigh? _____

Jumping with extra weight...

Jump #1: _____ inches

Jump #2: _____ inches

Jump #3: _____ inches

How did holding the weight in your hand change your jumping ability?
