



Jackie Robinson Student Instructions

Materials

Worksheet
Pencil
Tape Measure

Vocabulary Words

Broad Jump - an activity involving a leap forward, measured in horizontal distance

Mound Velocity - how fast a pitcher can throw, measured at the point the ball leaves their hand

Website References

<https://www.mlb.com/dodgers/history/jackie-robinson>

<https://www.prpbaseball.com/blog/broad-jump-vs-positional>

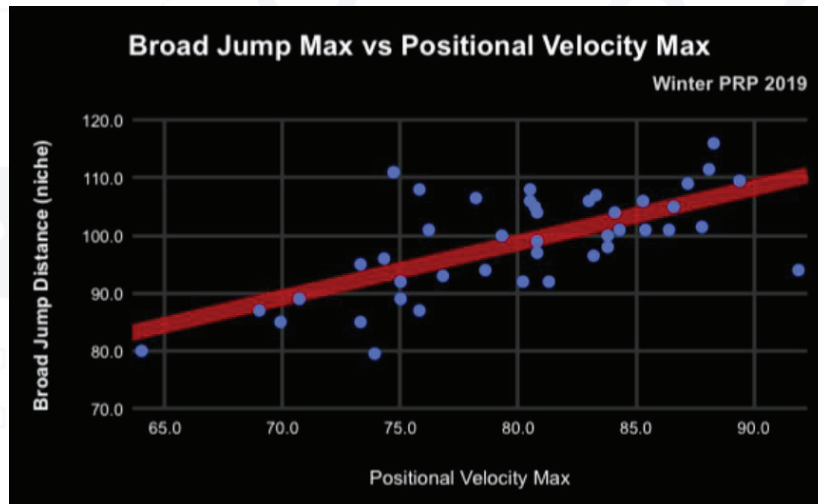
Jackie Robinson Background

- Explore the history and story of Jackie Robinson:
<https://www.mlb.com/dodgers/history/jackie-robinson>
- Mention the movie about Jackie Robinson entitled 42: <https://youtu.be/I9RHqdZDCF0>
- Robinson was the first African American to play in MLB in the modern era, as a first baseman for the Brooklyn Dodgers in 1947
- During his 10-year MLB career, Robinson won the inaugural Rookie of the Year Award in 1947, was an All-Star for six consecutive seasons from 1949 through 1954, and won the National League Most Valuable Player Award in 1949—the first black player so honored. Robinson played in six World Series and contributed to the Dodgers' 1955 World Series championship.
- In 1997, MLB retired his uniform number 42 across all major league teams; he was the first professional athlete in any sport to be so honored. MLB also adopted a new annual tradition, "Jackie Robinson Day", for the first time on April 15, 2004, on which every player on every team wears No. 42.
- Robinson enrolled at UCLA, where he became the school's first athlete to win varsity letters in four sports: baseball, basketball, football, and track.
- Robinson's best sport in college was track and field. He won the 1940 NCAA championship in the long jump at 24 ft 10 1/4 in (7.58 m).

Broad Jump



- Broad jump is an activity involving a leap forward from a fixed position (no running start) measured in horizontal distance.
- Broad jump has been shown to help pitchers throw faster because it helps strengthen the legs which result in the lower half of the body generating more power.



Source: <https://www.prpbaseball.com/blog/broad-jump-vs-positional>

Worksheet 17 Instructions:

1. Lay out tape measure along the ground with inches facing up to 8 feet.
2. Start at the start of the tape measure. Jump as far as you can using only your left foot and then using your right foot. Repeat the jump for each foot 3 times.
3. Record the distance in feet and yards for each foot using worksheet 17.
 - a. Note: there are 3 feet in 1 yard.