

Physical Education
Track and Field
Vertical Jumps Worksheet

1. Name two vertical jumps. _____ , _____
2. Lists four styles of high Jump _____ , _____ , _____ , _____
3. When performing the high jump, jumper should jump off _____ foot.
4. The object of jumping is to clear the _____ .
5. The inventor of the flosbury flop was _____ the Olympic champion of 1968.
6. A jumper is allowed _____ jumps in competition.
7. High jumpers normally land in a _____ to cushion their fall.
8. Three phases of the high are _____ , _____ , _____ .
9. The most common two styles used in high jump is the _____ , _____
10. A good high jumper should have _____ and a _____ .
11. When approaching the high jump bar, athletes should run at what angle?
12. The equipment used for the high jump are _____ , _____ and _____ .
13. The current world record holder for men high jump is _____ .
14. The _____ in the high event is decided by the person clearing the height with the least amount of knock downs.