

NAME: \_\_\_\_\_

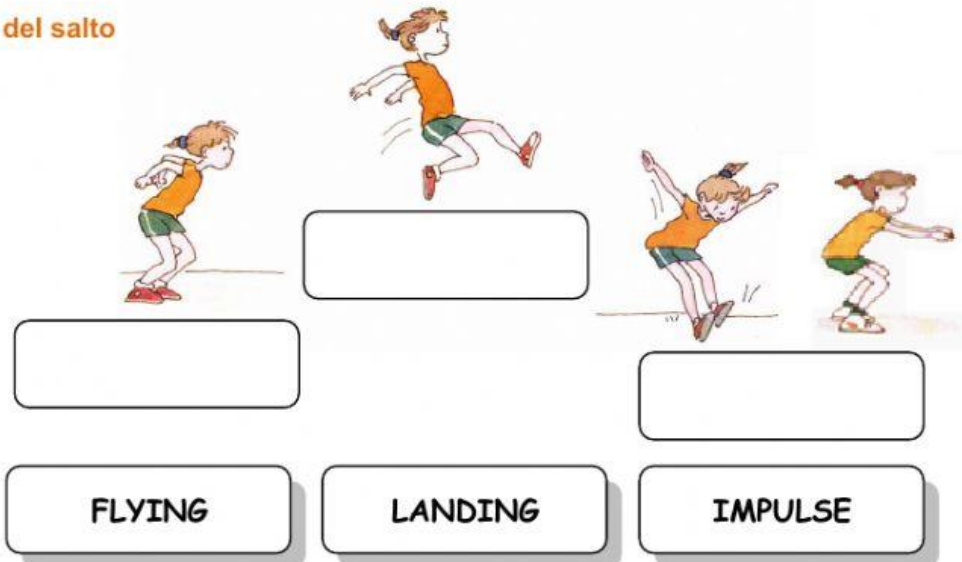
Área de Educación Física  
Physical Education

EF

# UNIT JUMPS AND TURNS

1.- Drag and drop (arrastra y suelta).

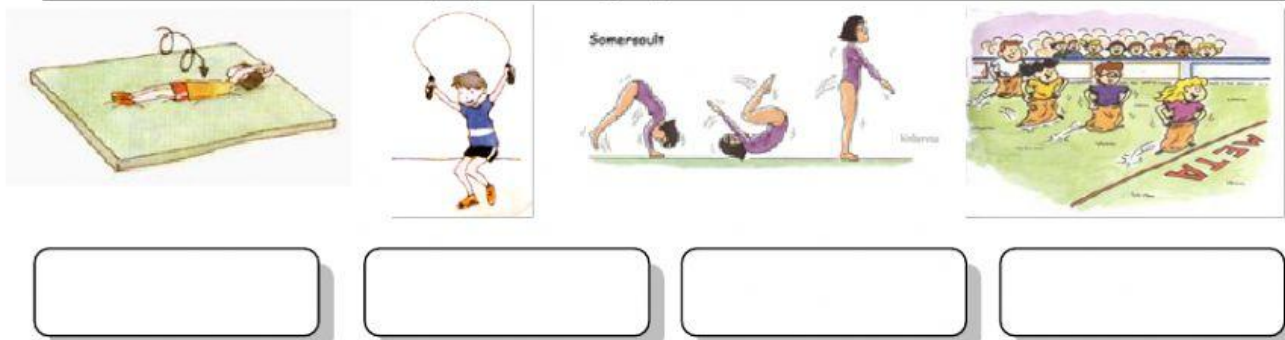
Fases del salto



The diagram illustrates the three phases of a jump using illustrations of a person in an orange shirt and green shorts. The phases are represented by boxes with labels below them:

- FLYING**: The person is in mid-air, with arms and legs extended forward.
- LANDING**: The person is on the ground, with arms and legs bent to absorb the impact.
- IMPULSE**: The person is on the ground, pushing off with their feet to start the jump.

2.- Choose JUMP or TURN (elige salto o giro).

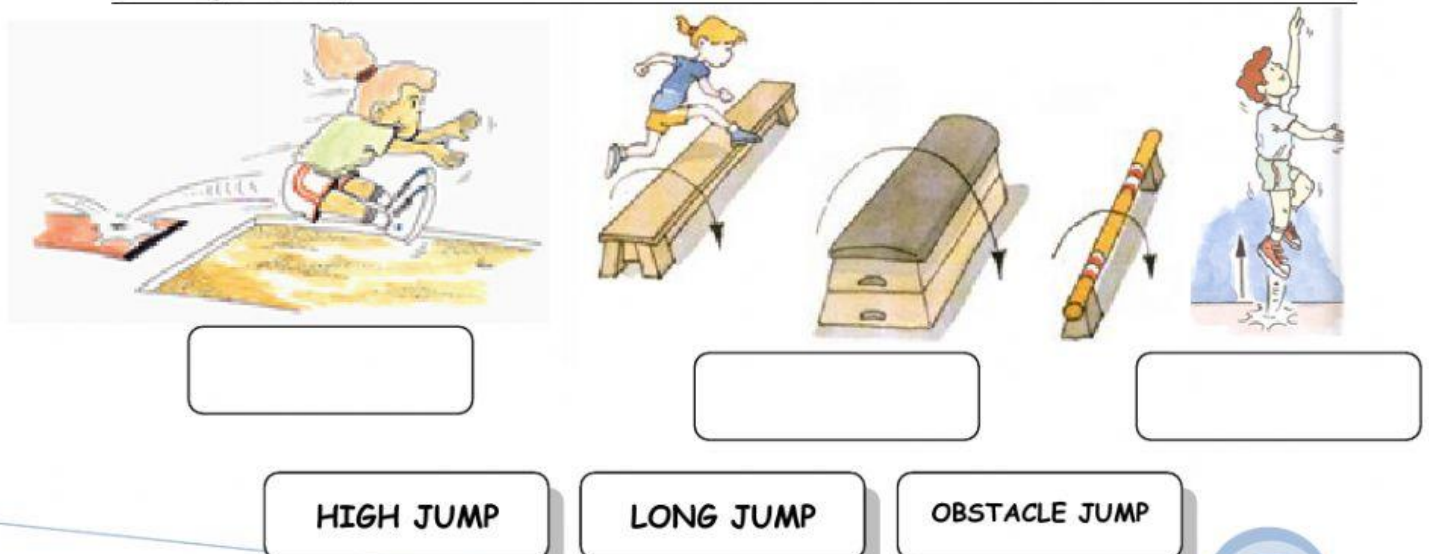


The block contains four illustrations for classification:

- A person performing a somersault on a mat.
- A person performing a jump rope.
- A person performing a somersault on a mat, with the word "Somersault" written above.
- A group of people performing a jump rope, with a "META" line visible.

Below each illustration is a box for the answer:

3.- Drag and drop.



The block contains three illustrations for classification:

- A person performing a high jump over a bar.
- A person performing a long jump into a sand pit.
- A person performing an obstacle jump over a bar.

Below each illustration is a box for the answer: