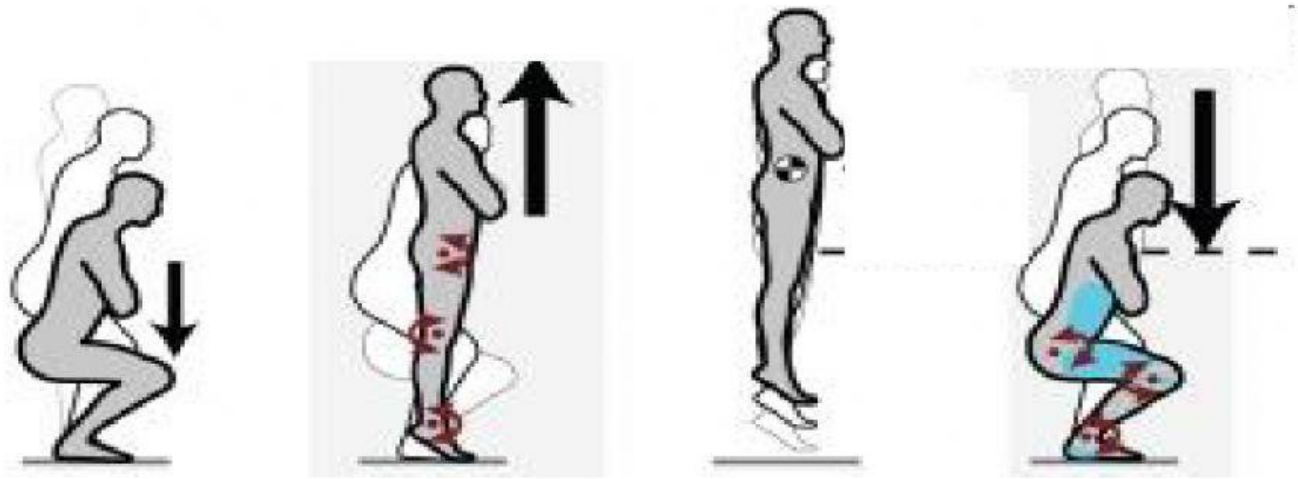
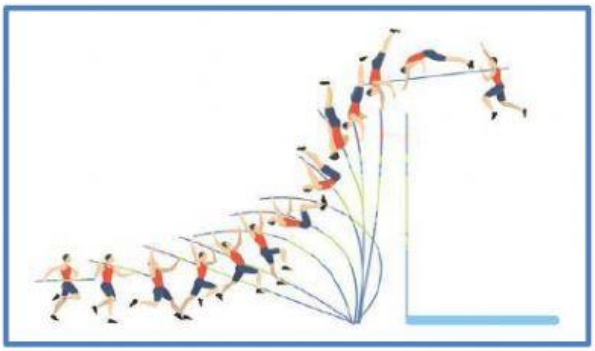
The four phases of a jump. Choose the right option.



Athletics jumping events. Choose the right option.