

Physical Education
Track and Field
Horizontal Jumps Worksheet
Grade 7& 8

Fill in the blanks with the appropriate answer. You can select the correct answer from the word bank.

Long jump speed	Run way sand	Take off Triple jump	scratch	Scratch board measurement
Hop	Bianca Stuart	3	step	jump

- List two horizontal jumping events. _____ , _____
- A standard long/triple jump event must have a _____ and _____ in the pit on which to land.
- In order to perform a good jump, athletes must have a lot of _____ on the runway.
- The first phase of the long jump is the _____ .
- When participating in a horizontal jump your toes should not go over this board.
- This is taken after you land in the long/triple jump _____ to determine how far you jumped.
- The triple jump requires to _____ , _____ and _____
- Competitors are allowed _____ jumps in competition.
- Outstanding female Bahamian long jumper.
- When you make a mistake or have a bad jump.