

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 girl and empty boxes for labeling:

- FLYING**: The girl is in mid-air, with her arms and legs extended forward.
- LANDING**: The girl is on the ground, with her knees bent and arms outstretched.
- IMPULSE**: The girl is in a starting crouch, ready to jump.

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

Four illustrations are shown for classification:

- A girl performing a somersault on a mat.
- A girl jumping rope.
- A girl performing a somersault on a mat.
- A group of girls running on a track towards a finish line.

Below each illustration is an empty box for labeling.

3.- Drag and drop.

Four illustrations are shown for classification:

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

Below each illustration is an empty box for labeling.

HIGH JUMP **LONG JUMP** **OBSTACLE JUMP**