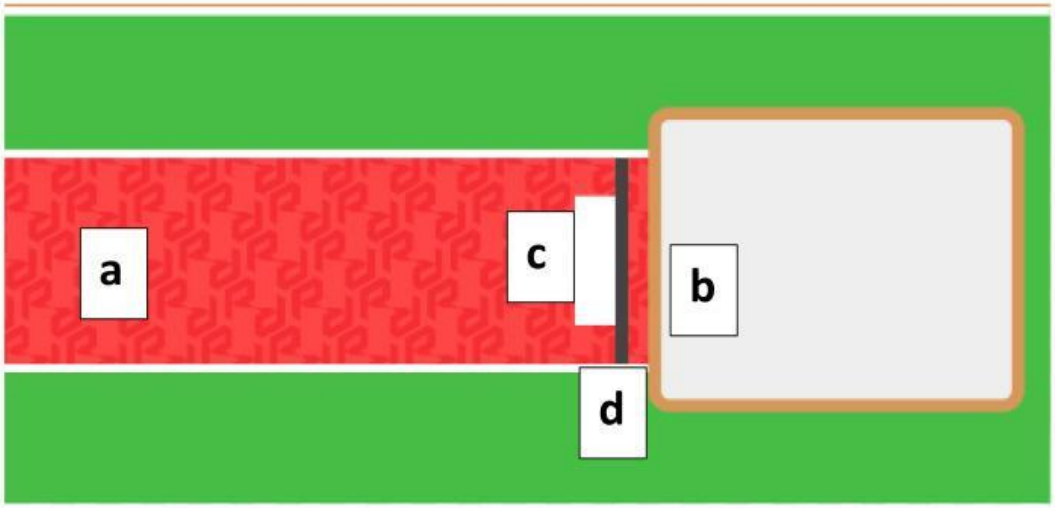
ADUVIE INTERNATIONAL SCHOOL, 08089394474

PHE WORKSHEET – LONG JUMP



1. The part labelled **a** is the _____
2. **b** is the _____
3. No jumper's leg should cross **d**. the part labelled **d** is the_____
4. The part labelled **c** is the _____
5. The part where the jumper lands on is normally filled with _____

There are 4 phases in long jump.

6. The phase where the jumper lands on the ground is the _____
7. The phase where the jumper hangs in the air is the _____
8. The phase where the steps on the takeoff board before jumping is the _____
9. The phase where the jumper runs from the start point to the takeoff board is the _____
10. A jumper is allowed to jump _____times before the score is recorded.

LIVEWORKSHEETS