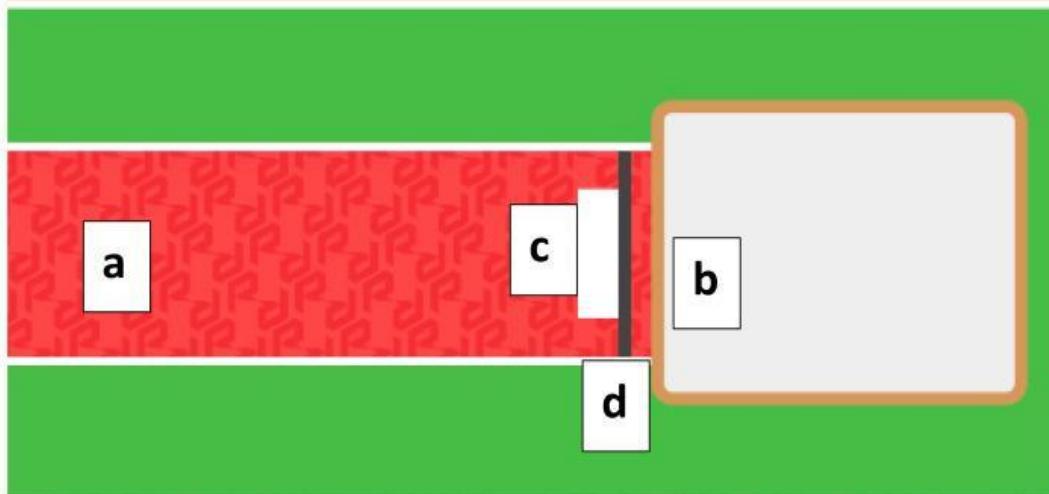




ADUVIE INTERNATIONAL SCHOOL, 08089394474

### PHE WORKSHEET – LONG JUMP



1. The part labelled **a** is the \_\_\_\_\_ (foul line      runway    )
2. **b** is the \_\_\_\_\_ (take off board      landing pit      foul line    )
3. No jumper's leg should cross **d**. the part labelled **d** is the \_\_\_\_\_ (takeoff board      foul line    )
4. The part labelled **c** is the \_\_\_\_(takeoff board      foul line    takeoff board    )
5. The part where the jumper lands on is normally filled with \_\_\_\_\_ ( grass      sand      stone    )

**There are 4 phases in long jump.**

6. The phase where the jumper lands on the ground is the \_\_\_\_\_ (flight      landing      take off    )

7. The phase where the jumper hangs in the air is the \_\_\_\_\_ (take off  
landing    flight    run up   )

8. The phase where the steps on the takeoff board before jumping is  
the \_\_\_\_\_ (flight    takeoff    landing   )

9. The phase where the jumper runs from the start point to the  
takeoff board is the \_\_\_\_\_ (flight    take off    run up   )

10. A jumper is allowed to jump \_\_\_\_\_ times before the  
score is recorded. (10    50    3   )