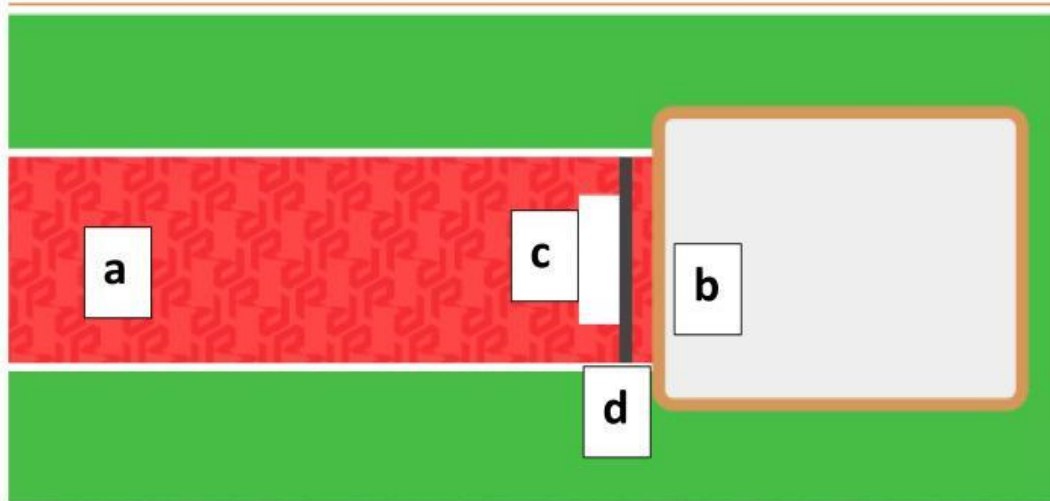




ADUVIE INTERNATIONAL SCHOOL, 08089394474

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)