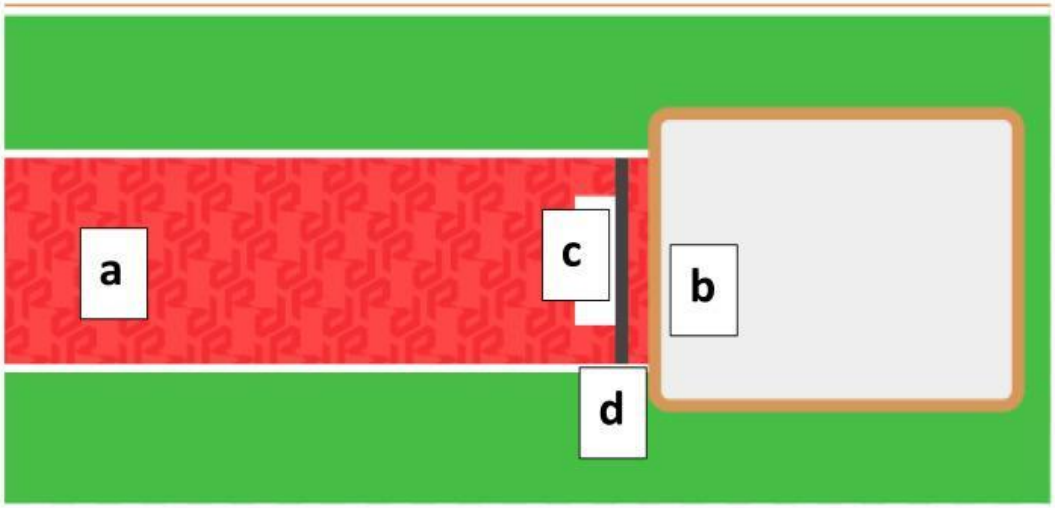
ADUVIE INTERNATIONAL SCHOOL, 08089394474

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)

5. The part where the jumper lands on is normally filled with _____ (grass sand stone)



LIVEWORKSHEETS

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 _____ (takeoff landing flight runup)

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)



LIVEWORKSHEETS