Physical Education

Track and Field

Vertical Jumps Worksheet

1. Name two vertical jumps. ,
2. Lists four styles of high Jump , , ,
3. When performing the high jump, jumper should jump off foot.
4. The object of jumping is to clear the .
5. The inventor of the flosbury flop was the Olympic champion of 1968.
6. A jumper is allowed jumps in competition.
7. High jumpers normally land in a to cushion their fall.
8. Three phases of the high are , , .
9. The most common two styles used in high jump is the ,
10. A good high jumper should have and a

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11. When approaching the high jump bar, athletes should run at what angle?
12. The equipment used for the high jump are , and

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13. The current world record holder for men high jump is .
14. The in the high event is decided by the person clearing the height with the least amount of knock downs.