

NAME: _____

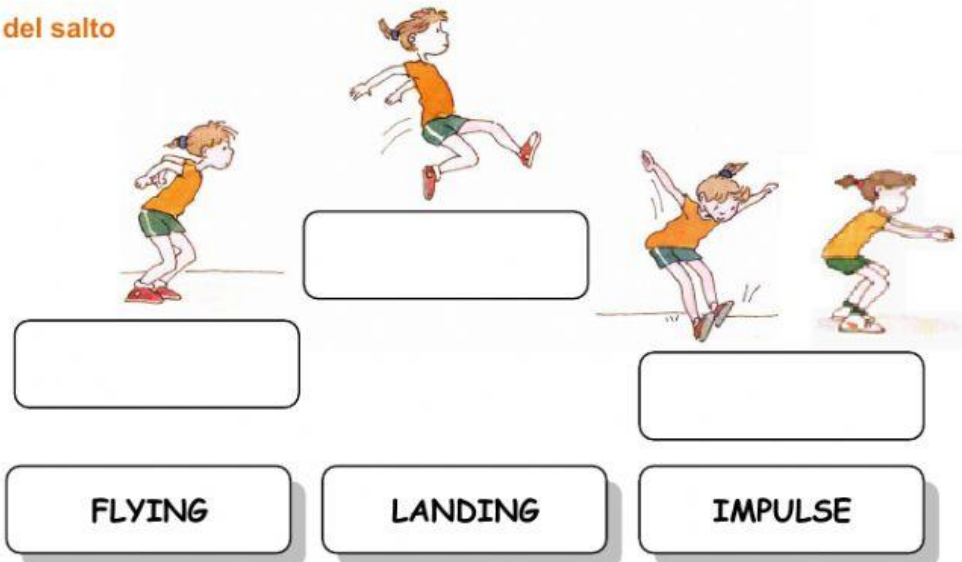
Área de Educación Física
Physical Education

EF

UNIT JUMPS AND TURNS

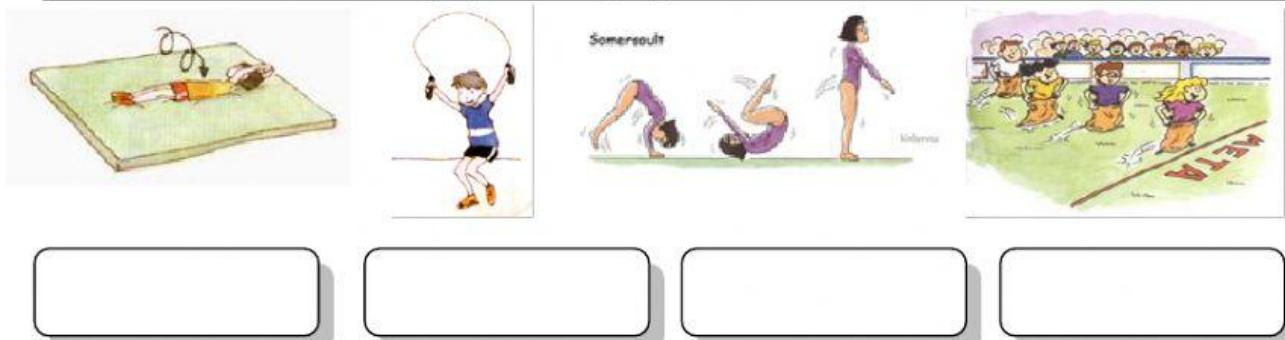
1.- Drag and drop (arrastra y suelta).

Fases del salto



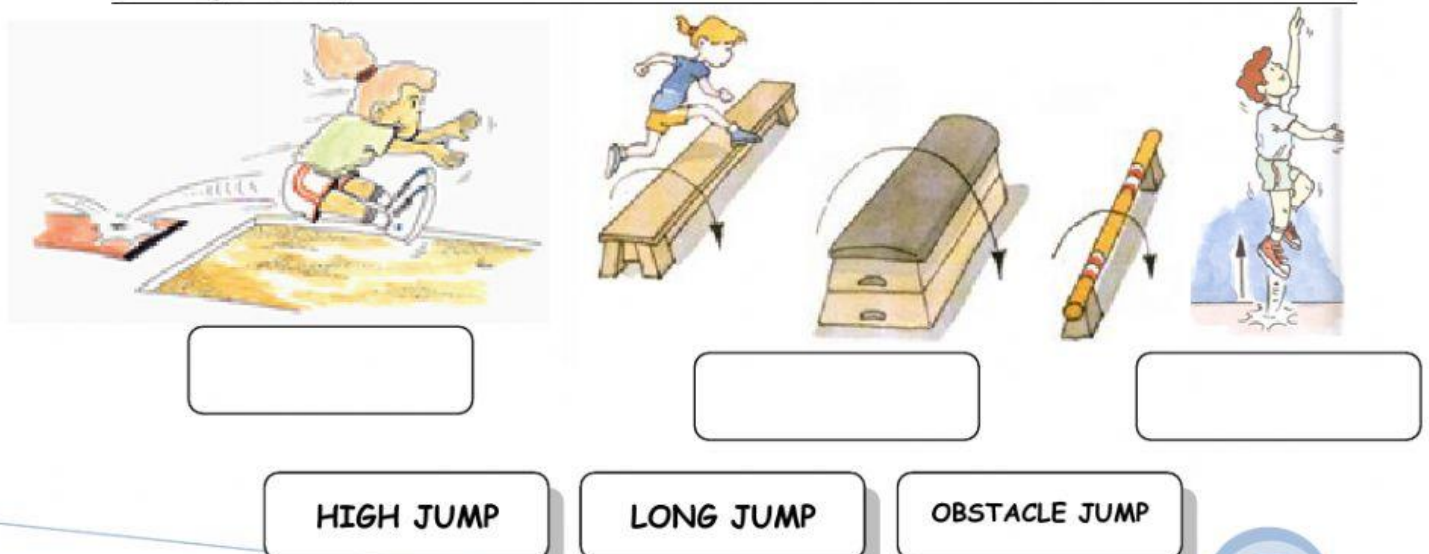
A diagram showing the four phases of a jump: **FLYING**, **LANDING**, and **IMPULSE**. The **IMPULSE** phase is further divided into three sub-phases: **Take-off**, **Flight**, and **Landing**. The diagram includes illustrations of a person in various stages of a jump and empty boxes for labeling.

2.- Choose JUMP or TURN (elige salto o giro).



Four illustrations of physical activities: a person performing a somersault, a person jumping rope, a person performing a somersault, and a person performing a jump. Below each illustration is an empty box for labeling.

3.- Drag and drop.



Four illustrations of jumping techniques: **HIGH JUMP**, **LONG JUMP**, **OBSTACLE JUMP**, and **OBSTACLE JUMP**. Below each illustration is an empty box for labeling.