

## Let us practise long jump

According to the classification of athletic events, long jump is a horizontal jump that comes under field events. Speed, strength and coordination, which are different factors of physical fitness, are very important for gaining victory in long jump event.

When you were in grade 8, you learnt the different phases of the long jump under the sail technique and you also engaged in activities related to this technique.

In this lesson, you will learn the different phases of the long jump under the hang technique and will get opportunity to engage in activities to practice it as well.

### Techniques of Long Jump

There are three techniques of long jump based on the way the jumper manages his body during the flight:

1. Hang technique
2. Sail technique
3. Hitch-kick technique

### Phases of long jump

Each technique of long jump consists of four phases.

1. Approach run
2. Take off
3. Flight
4. Landing

## The hang technique of long jump

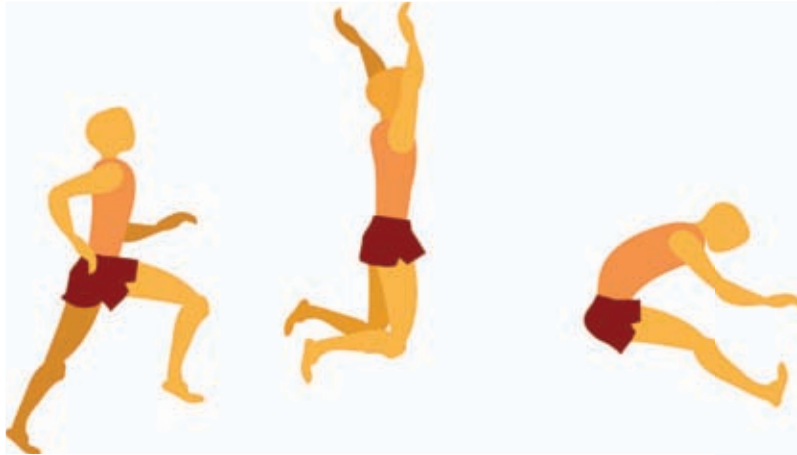


Figure 9.1 - The hang technique of long jump

This technique is called the hang technique because the jumper, after taking off, makes the flight with his/her hands raised as if he/she is raising hands to hang on a support that is lying above.

When the long jump is made according to this technique, a very fast and rhythmic approach run should be made up to the take-off board lifting the knees high.

- The take-off foot should be placed correctly on the take-off board and the take off should be made properly in order to make the flight.
- Then the two feet should be brought forwards and upwards, and the two hands that were at the back should be brought forwards.
- Then the body is bent forwards and the landing is done.
- As the two feet touch the landing area, the knees are bent and the body is pushed forward along the ground in a sitting position.



Let us go outdoor

## Activities to practise long jump

1. › Walk forward.  
› Take off from one foot and jump over a small obstacle, on the walk.



Figure 9.2

2. › Run slowly.  
› Take off from one foot and jump over a small obstacle on the run.



Figure 9.3

3. › On slow run, take off from the dominant foot at the mark placed on the ground.  
› Jump over the obstacle placed in front of the mark and land with both feet.

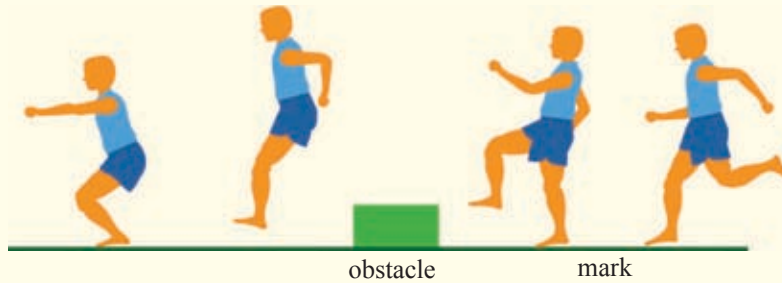


Figure 9.4

4. › Take off from your dominant foot at the last step of an approach run of three steps.
- › Again change to running.
- › When doing this, the take-off leg should be well-straightened and the free leg should be raised parallel to the ground.
- › The two hands should be straightened well and should be in a hanging position.



Figure 9.5

5. › Remain in the same place, jump up and touch with both hands a support that has been hung above and then land with both feet.
- › When landing, the knees should be bent.



Figure 9.6

6. › Take an approach run of a few steps, take off with the dominant foot at a marked place, and touch with both hands the supports that have been hung above.
- › Raise both legs parallel to the ground and then land correctly with both feet.

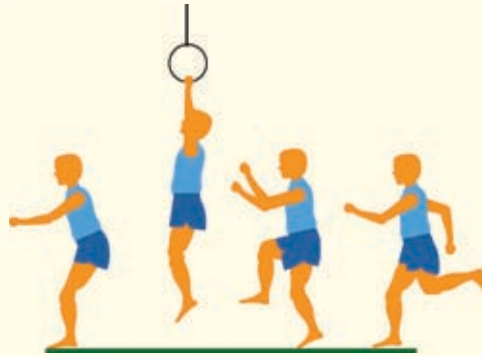


Figure 9.7

7. › Take an approach run of 7 or 9 steps and do the long jump according to the hang technique.



Figure 9.8

## Occasions which are considered as failures in a long-jump event

- Touching the ground beyond the take-off line with any part of the jumper's body while taking off for the long jump.
- Taking off by placing the take-off foot on the ground outside the two sides of the take-off board.
- Making somersaults while running or while jumping.
- Not starting to attempt jumping before the lapse of one minute after the number of the jumper has been announced.
- After landing, walking back towards the take-off board along the landing area.

### Summary

According to the classification of athletic events, long jump is a horizontal jump under the field events.

There are three techniques of long jump, namely the hang technique, the sail technique and the hitch-kick technique.

Each of these techniques consists of four phases, namely the approach run, take-off, flight, and landing.

Knowledge of rules of long jump, following them and engaging in practice activities are very important for taking a successful jump.



### Exercise

Fill in the blanks of the sentences from 1 to 5.

(three/ horizontal/ one/ four/ take-off)

1. Long jump is an event coming under ..... jumps.
2. There are ..... techniques of long jump.
3. Each technique of long jump consist of ..... phases.
4. The phase after the approach run is the ..... phase.
5. In a long jump event, a jumper is given a time period of ..... minute after his/her number has been announced to start attempting the jump.
6. State three occasions which are considered to be fouled in long jump.