

Let us learn about jumping events

According to the classification of athletic events there are two types of jumping events, namely horizontal jumps and vertical jumps. There are two events coming under horizontal jumps –the long jump and the triple jump. There are three techniques of long jump; they are the hang, the sail and the hitch-kick. The skills of jumping can be displayed to the maximum, through the mustering of strength and momentum of legs by adopting the correct techniques.

You remember that you engaged in various exercises to practise jumping events when you were in Grade 7.

In this lesson you will gain a thorough understanding about the sail technique of long jump.

Phases of Long Jump

Each of the three techniques of long jump you learnt above – the hang, the sail and the hitch-kick–has four main phases:

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

The four phases of the sail technique of long jump are shown in figure 10.1.

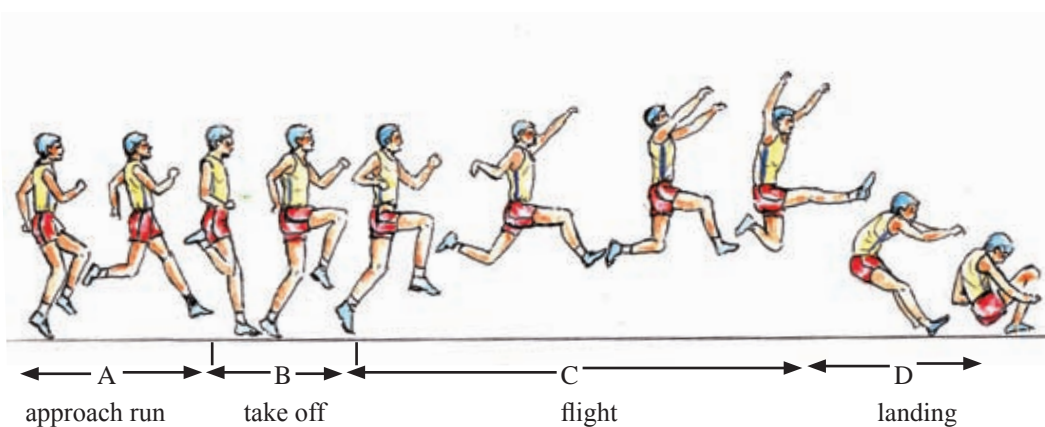


Figure 10.1- Sail technique of long jump

Approach run

The approach run is very important in long jump as the distance of the jump depends on the approach run. The take off speed can be increased by the approach run that is made with long steps taken with well-raised feet.



Figure 10.2 – Approach run

Take off

When taking off, the take-off leg should be well straightened on the take-off board and the free leg should be bent at the knee and the thigh should be parallel to the ground.



Figure 10.3 - Take off

Flight

After taking off, the body balance should be maintained during flight. Meanwhile, the jumper should also get prepared to make a proper landing. In the sail technique, the free leg is well straightened parallel to the ground. The take off leg, too, should be well straightened and should be kept aligned with the free leg. The two hands should be raised directing forward.



Figure 10.4 - Flight

Landing

When landing, the two legs should be bent and the two hands that are kept in front should be brought backwards from the sides of the body. As the feet touch the ground, the body should be brought forward.

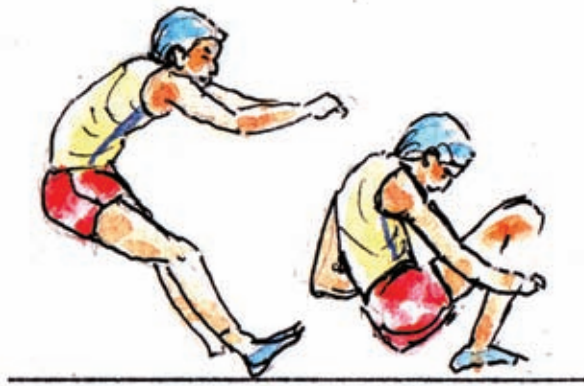


Figure 10.5 - Landing

Activity

Practise the sail technique of long jump described above step by step following the instructions of your teacher.

Long jump practice activities

1. Remain in one place and jump into the jumping pit using both feet.



Figure 10.6

2. Hop towards the jumping area using the left leg and jump into the jumping pit. Now repeat this activity using the right leg.



Figure 10.7

3. Jump forwards taking off with both feet and jump into the jumping pit.



Figure 10.8

4. Keep close to the jumping pit a wooden box that is about 15cm high. Run forward taking either 5 or 7 steps and jump into the jumping pit stepping on the wooden box.

In this jump, special attention should be paid to the take-off foot.



Figure 10.9

Summary

According to the classification of athletics events, long jump comes under horizontal jumps.

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

Every technique has four main phases, namely approach run, take-off, flight and landing.

Skills of long jump can be developed by engaging in various activities related to long jump.



Exercise

Match A and B

A

The first phase of a long jump technique

A horizontal jump

A long jump technique

The final stage of a long jump

A factor that determines the distance of a long jump

B

Long jump

Sail technique

Landing

Take –off speed

Approach run