

## Let us train high jump events

According to the classification of athletic events, high jump can be described as a vertical jump that comes under field events. In high jump events, jumpers can display maximum skills by maintaining the different factors of physical fitness such as strength, flexibility and coordination at highest levels and by adopting the correct technique.

In lesson 9, you learnt the technique of long jump and also engaged in practice activities to practise the technique.

In this lesson you get the opportunity to learn the Fosbury Flop technique of high jump by engaging in activities related to high jump.

### Techniques of high jump

Five techniques of high jump can be identified based on how the body of the jumper moves when clearing the cross bar in high jump.

1. Scissor jump
2. Eastern cut-off
3. Western roll
4. Straddle
5. Fosbury flop

Out of these techniques, Fosbury flop technique is the most used by jumpers at present in order to display maximum performance.

### Phases of high jump technique

1. Approach run
2. Take-off
3. Bar clearance
4. Landing

## Fosbury flop technique of high jump

High jump is done according to Fosbury flop technique under the four phases mentioned above.

- The jumper uses the initial stage of the approach run to gain speed.
- At the second stage the jumper controls his speed and gets ready to take off.
- When the jumper is making the approach run along a curved path, the jumper's body is inclined towards the curve of the path.
- At the last step of the approach run, the body is inclined to the back.
- When taking off, the take off leg should be well-straightened and the foot should touch the ground well while the free leg is bent at the knee and is raised to become parallel to the ground.
- The back of the jumper is turned towards the cross bar and the cross bar is cleared with the body arched.
- After clearing the bar, the bust, which is now parallel to the ground, falls on the landing area first with the shoulders and then with the hands.



Figure 16.1 - Fosbury flop technique

NB: When doing high jump with the Fosbury flop technique, it is very dangerous to practise or jump without using a proper mattress.



## Let us go outdoor

### Activities to practise high jump

#### Practising the approach run according to Fosbury flop method

1. > Draw a circle with a radius of about three meters on the ground.  
> Run along the circle leaning the body towards the curve.

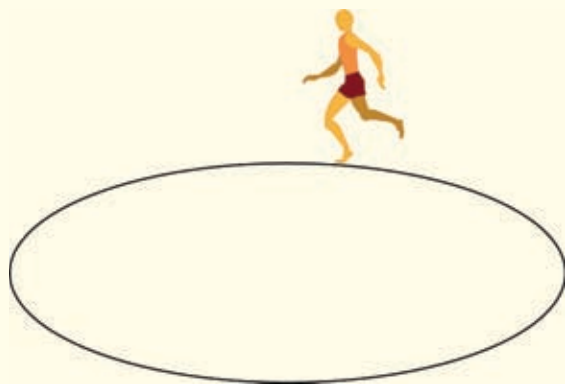


Figure 16.2

2. > Draw the shape of figure 8 with a length of about 16 meters.  
> Run along the circle very fast.  
> Reduce the speed when entering the second circle.



Figure 16.3

3. > Place on a line some obstacles with a gaps of about 4-5 meters between them and run along curved paths between the obstacles as shown in the following figure.

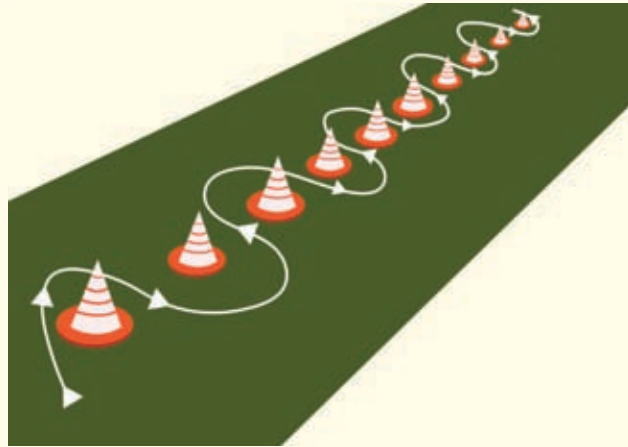


Figure 16.4

### Practising take-off according to Fosbury flop technique

- > Lay on the ground a high-jump mattress and stand about two steps away from the mattress turning the back towards the mattress.
- > Take off with both feet and jump up backwards.
- > When landing, raise the legs upwards from the front.



Figure 16.5

### Practising bar clearance and landing according to Fosbury flop technique

1. > Stand close to the mattress turning the back to the mattress as shown in the figure.

- › Take off with both feet and bend the body well backwards.
- › Fall on to the mattress so that the upper body hits the mattress first and the hands hit next.



Figure 16.6

- › First fall on to the mattress freely.
- › Then use a plastic or rubber tape as the crossbar so that it will not cause any injury and fall on to the mattress jumping over the tape.



Figure 16.7



### Activity

Go to the playground with your friends and engage in exercises that would help boost the strength of the legs.

## Some of the rules related to high jump

1. After three consecutive failures, the jumper is removed from the competition.
2. Take-off should be taken from one foot.
3. If the crossbar falls off the supports due to some action of the jumper while jumping, it is considered to be a failure.
4. If the jumper touches with any part of the body the area outside the two posts or the landing area before clearing the bar, it is considered as a failure.

### Summary

According to the classification of athletic events, high jump is a vertical jump.

There are five techniques of high jump; however, Fosbury flop technique is the most popular technique at present.

High jump can be described under four phases, namely approach run, take-off, clearing the bar and landing.

Skills related to high jump can be improved through various activities. Gaining knowledge about the rules of high jump and following them help to make successful attempts in high jump.



### Exercise

1. Match A with B

A

- i. A vertical jump
- ii. The last phase of high jump
- iii. The most advantageous technique of high jump
- iv. The number of attempts given to clear a particular height
- v. Number of phases of high jump

B

- four
- fosbury flop
- three
- high jump
- landing

2. Describe two occasions on which the jump is considered to be a failure.