

Key Vocabulary		Rules	
Elevation	To take off from the ground and go upwards.	1.	The toe of the jumpers shoe must be behind the leading edge of the take off board for the long jump.
Lift	To give extra height on technique and approach.	2.	The athlete must land on the same foot used to take off for the triple jump.
Height	How high can you jump and leap.	3.	Take off must be made with one foot only in the high jump.
Thrust	To push and follow through with a strong forward action.	4.	Stand side onwards to the wall and push up as far as you can with your fingertips in the vertical jump.
Push	To exert force to enable extension and distance.	5.	If your foot touches the board or plasticine on approach or take off this is a no jump.
Skills		Key Facts	
Soft Knees	Keep joints soft and unlocked on approach.	Stadiums	Javier Sotomayor broke the men's high jump world record in Salamanca, Spain and leapt an incredible 2.45metres on 27th July 1993.
Landing	To finish and plant and land on two feet safely.	Athletes	Jonathan Edwards is still the World record holder for the mens' triple jump. Edwards jumped a massive 18.29metres in Gothenburg 1995. The current Olympic champions for the long jump are Tianna Bartoletta and Jeff Henderson who are both from the USA they can jump
Drive	To charge with speed, strength and agility.	Competitions	<ul style="list-style-type: none"> The modern Olympic Games or Olympics is the leading international sporting event. Jumping events are only held in the Summer Olympic Games every four years. The World Athletics Championships are a biennial athletics competition.
Positions			
Standing jump	Lower yourself into a squat position with your feet shoulder-width apart. Swing your arms back and use them to propel yourself forward, then bring your legs forward for additional momentum. Jump as far as you can and land on the soles of your feet.		
Long Jump	Run hard on approach, take off from the board and leap high into the air.		
Triple Jump	Take off from the track and hop, bound and jump into the sand pit.		
High Jump	Jump unaided over a horizontal bar placed at a height and landing on a crash mat.		
Vertical Jump	Jump upwards and in to the air using endurance and explosive power.		