



Olympics



Track and Field



Jumping



Events.



There

are

four



jumping



events



in

the



Olympics;



long jump,



high jump,



triple jump

and



pole vault.



High Jump



In

the



high jump



event,

the



athletes



get

a



running



start

and



must



jump over

a



bar



without



knocking it over.



They

land



on

a



big



soft



cushion.



Most



high jumpers



use

a



technique

where



they



go



over

the



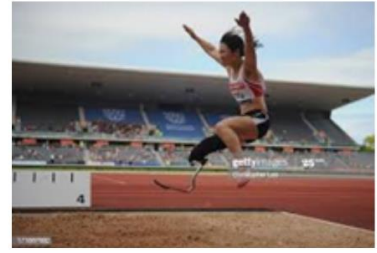
bar



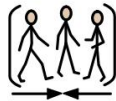
head



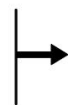
first.



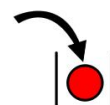
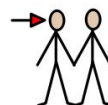
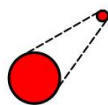
Long Jump



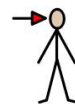
In the long jump event, the athletes sprint down a



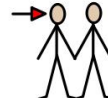
track, jump from a take-off board behind a coloured



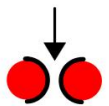
line and jump as far as they can into a



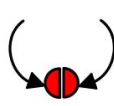
sandpit. Athletes who long jump need to be able to sprint



quickly, have good footwork so they can launch as

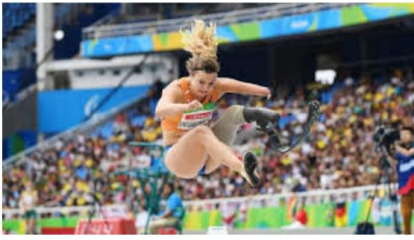


close to the coloured line on the take-off board as



possible and then make a good jump.





Triple Jump



The triple jump is similar to the long jump, but the athlete



has to



make

3

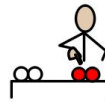
three



different



jumps.



These



are called the



hop,



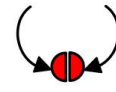
the step,



and the jump.



The athlete



makes a running



start



start



along



a runway,



hops

and



lands



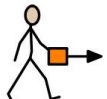
on



the same



foot,



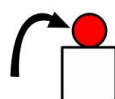
takes

1

one

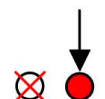


step



onto

the



other



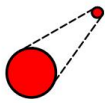
foot

and then



jumps

as



far

as



he or she



can



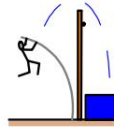
into

the



sand pit.





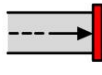
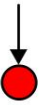
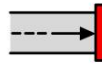



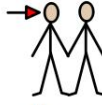


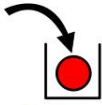







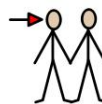

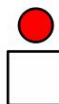
Pole Vault






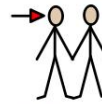
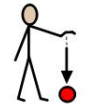


   In this event, the athlete runs down the track

       holding a pole at one end. At the end of the

       run they put the pole into a metal box

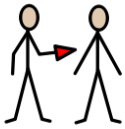
      in the ground and then push themselves up and over

       a high bar. They must get over the bar

       without knocking it off. They then land on large

   soft cushions for safety.





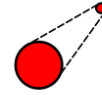
Can you find out:

1

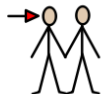


1. What is the name of the technique high jumpers use?

2

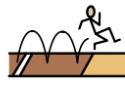
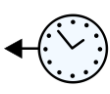


2. Who holds the world long jump record? How far did



they jump?

3



3. When was the first triple jump event for women in

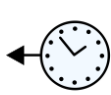
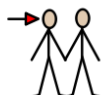


the Olympics?

4



4. Today pole vault poles are made of fibreglass. What did



they used to be made of?



Superhero



Jumping



Try



this



simple



activity



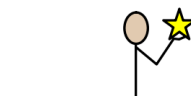
that



helps



develop



an

important



movement



skill:



jumping.

1



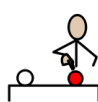
Draw a line



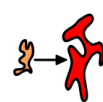
on



the ground.



This



becomes



the take-off



line.

2



With



your



child,



imagine



you're



jumping



from

1



one

building

to

another,



just



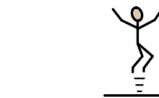
like



Spiderman. The



longer

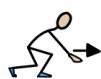


the jump,



the better.

3



Start



with jumping



from



the standing



position



using



both



feet



on



take-off.











(A standing


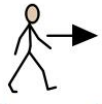



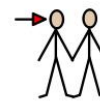




long jump).














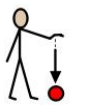


4.        
 4. Make sure your child doesn't step over the line before

      
 jumping. Encourage them to use their arms to propel their

 
 body forward.

5.      
 5. Once they can do the standing long jump, try take-offs

      
 using only the right or left leg or a running jump.

6.      =  
 6. Maybe you could practise landing like a SuperHero too!



HAVE FUN!

Please send us a photo or video of your Super Hero jumping and landing!

