



Provincial Department of Education – Sabaragamuwa – Week School

Week: 1st -7th August, 2021

Subject: Health and Physical Education

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Grade -10

Let us learn about athletics

Long Jump



Answer all questions

1. What are the major flight techniques of long jump?

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2. Explain the hang technique of long jump.

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3. How many stages are there in a long jump?

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4. Write down 5 rules and regulations related to long jump.

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5. Create an activity to practice hang technique of long jump.

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