



Provincial Department of Education – Sabaragamuwa – Week School

Week: 36

Subject: Health and Physical Education

Grade -10

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5. Let us learn about athletics.

High Jump.

➤ Answer all the questions given below.

1. High jump is an athletic event and It is a jumping event. According to athletic event classification high jump belongs to which jumping category ?
2. How many high jump techniques are there? What are they?
3. Which high jump technique is used mostly at present?
4. What are the phases of high jump relevant to a technique?
5. How landing should be done in high jump?
6. State three special rules relevant to high jump event.
7. Create an activity to practice high jump.