

Grade 09 Week of September 02

Let's learn high jump posture

High jump events can be divided into two main categories: vertical jump and horizontal jump. According to the cat sports classification, high jump is a vertical jump that comes under the foot event.

1. What are the high jump techniques?
2. What are the stages of the high jump technique?
3. Briefly introduce the high jump loop method.
4. Write a possible activity for loop system induction running training.
5. Write a possible activity for jump training in the Klopp method.
6. What are the rules for high jump?