



PROVINCIAL DEPARTMENT OF EDUCATION – WEEKLY SCHOOL

SUBJECT :- HEALTH AND PHYSICAL EDUCATION

WEEK :- 7 th

GRADE :- 08

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Lesson-10

Let us learn about jumping events

According to the classification of athletic events there are two types of jumping events. They are horizontal and vertical.

- Long jump is a horizontal jumping event.
- There are three techniques of long jump.
 - i. Sail Method
 - ii. Hang Method
 - iii. hitch-Kick

To minimize injuries and accidents there should be standard long jump pit according to the correct measurement

- There are 4 phases of long Jump.
 - 1. Approach run
 - 2. Take off
 - 3. Flight
 - 4. Landing

1. Name Vertical jumps.
2. Write an activity with relevant pictures to practice long Jump.
3. What is the factor that considering the jump length of long jump.