



Grade 08

Health and Physical Education

Unit: 10.Jumping Events

Part I

Underline the most suitable answer.

1. This is not a technique of long jump

- i. Flight                      ii. Hang                      iii. Sail                      iv. Hitch-kick

2. The take off speed can be increased by the

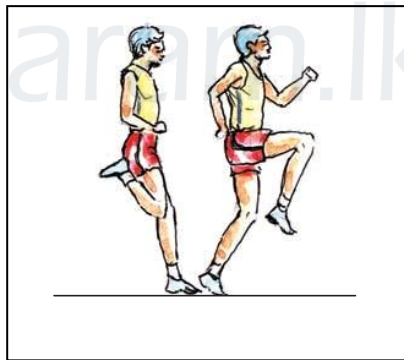
- i. Flight                      ii. Landing                      iii. Sail                      iv. Approach run

3. Horizontal jumping events according to the classification of athletics are,

- i. Long jump, high jump  
ii. Long jump, triple jump  
iii. High jump, triple jump  
iv. High jump, pole vault

4. The following diagram shows

- i. Approach run  
ii. Take off  
iii. Flight  
iv. Landing



5. Number of phases in the Hitch-kick are

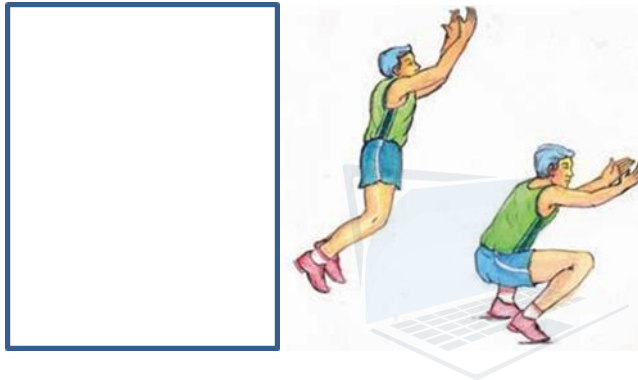
- i. 2                      ii. 3                      iii. 4                      iv. 5

Part II

Answer all questions

1. Fill in the blanks using suitable words.
  - a. The main two types of jumping events are .....jumps and .....jumps.
  - b. There are .....phases of the sail technique of long jump.
  - c. After taking off in jumping events, the body balance should be maintained during.....
2. Draw the missing action in following long jump practice activities.

I.



II.

