

BASIC JUMPING SKILLS

Keywords

Jumping is a form of locomotion or movement in which you thrust yourself through the air along a ballistic trajectory.

It is a deliberate activity that is taught for various reasons.

Categories of jumping events in athletics

There are four main categories of jumps in athletics, these include;

- High jump
- Long jump
- Triple jump
- Pole vault

HIGH JUMP:

This is an event that involves athletes jumping unaided over a horizontal bar that is usually placed at specific heights without getting it off position.

For safety, the athletes usually land on a special structure or facility.

High jump facility and equipment:

- Run away area
- Two uprights
- A cross bar
- A landing mat.

Stages of performing a high jump.

High jump basically involves three stages;

- The approach
- Bar clearance
- Landing

NB: Landing can be done using many techniques; the most common being the;

- straddle
- scissors

Straddle high jump technique:

This is a jump whose approach towards the bar, kicking the lead leg high and above the bar and then rolling the body over it.

Performing a straddle high jump technique.

- Approach from the left side approximately 45degrees to the bar.
- Take a few steps, plant the left or take off foot, swing the right leg forward and upward and raise the arms.
- Continue the upward and down ward movement.
- Extend the body and lift the leg upward
- At the height of the jump, make the body parallel to the bar
- Continue rolling over the bar, landing on hands and right foot.

Scissors high jump technique

This is a jump whose approach is a straight line at 30 to 50 degrees to the bar, jumping over the lowest point of the bar which is usually the centre

Performing a scissors high jump technique

- Approach from the side at a slight angle to the bar, take a few steps and plant the take-off foot and take off.
- Swing the other foot high into the air
- The other foot continues over the bar followed by the take-off foot in the scissor action
- Swing the arms forwards and upwards assisting in the lift of the body
- Land with the take-off foot first, followed by the other to complete the scissor action.

Safety precautions

- Wear appropriate sports attire and remove inappropriate jewellery
- Keep the runway clear of obstacles
- Do appropriate body conditioning before and after the activity
- Do a thorough check before crossing the runway
- Do not attempt fosbury flop unless you are with a competent coach and have a suitable landing area.
- Avoid getting into the landing beds while they are still being assembled.
- Only circular cross section bars should be used.

Rules of high jump

- Take off must be from one foot
- Dislodging the cross bar makes the jump invalid
- The upright used must be rigid.
- The ends of the cross bar shall rest on supports in a way that touching by an athlete makes them fall off.

- The uprights shall have a distance not less than 4.00 nor more than 4.04m between them

LONG JUMP

This is an athletic event in which the contestants jump for distance, usually from a running start onto a sand pit.

Long jump facility and equipment

It is done on a facility that has;

- A runway
- Take off board
- Landing area
- Measurement board.

Performing a long jump.

The long jump sequence is divided into phases;

Approach phase: This is a build-up run that proceeds the take-off.

Take off phase: This is done behind the take-off board and proceeds the flight.

Flight has two basic types;

- Hang techniques
 - Sail techniques
1. Describe the different techniques used in long jump
 2. Explain the safety precautions before during and after participating in long jump.

Rules of long jump.

- Do not touch the ground beyond the take-off line with any part of your body, whether running up without jumping or in the act of jumping.
- Somersaulting during running of jumps is prohibited.
- Landing must be strictly being in landing area. Contact with the board or ground outside during landing renders the jump invalid
- The athlete must not make contact with the landing area after taking off.
- Take off must not be from outside the take-off board.

TRIPLE JUMP

This event is more commonly known as the Hop, Step and Jump or the Hop, Skip and Jump also Hop Bound and Jump. Triple Jim is a continuous jump consisting of three sections or phases;

- Hop
- Step
- Jump

HOP: starts at the take-off mark, athlete lands on the same take off leg.

STEP: Immediate take off after the hop, this time landing on opposite leg.

JUMP: Athlete jumps from that same non take off leg to land in the sand pit.

Facility and equipment for triple jump.

- Take off board
- Runway
- Measuring tape
- Sand pit.

Performing Triple Jump.

Triple jump involves the approach- hop, step, jump and landing phases.

Approach phase: The approach run for the triple jump is similar to that of the long jump. The objective is to create the highest amount of speed that can be controlled throughout the triple jump, step and Jump phases.

The hop phase:

This is the first phase of triple jump that is aimed at achieving horizontal vertical velocity. The strongest leg of the athlete is used as a hop leg.

- Extend the take-off leg fully. The drive leg thigh should be nearly parallel to the ground and the foot relaxed.
- Pull the foot of the take-off leg to the buttocks.
- The drive leg rotates from in front of the body to behind it. Take off leg begins to pull forward.
- As the thigh of the take-off leg reaches parallel, the lower portion of the leg extends past the knee, with the foot bent towards the shin.
- Once the leg is extended, and then forcefully drives the leg downwards, setting yourself up for on active landing.

The step phase:

The step phase follows from the hope phase. It involves fully extending the take-off leg with the drive leg thigh just below parallel to the ground. It is the shortest phase, and makes up around 30 per cent of the total distance.

- The take-off leg is fully extended with the drive thigh just below, parallel to the ground.
- The take-off leg stays extended behind the body with the heel held high. The drive leg thigh is held parallel to the ground, lower leg vertical and the toe dorsiflexed.
- The drive leg extends with a flexed ankles and snaps downwards for a quick transition into the jump phase.

The jump phase:

It is the final phase of triple jump within which an athlete utilises the backward force from the left leg to take off again.

- The take-off leg is extended forcefully upon contact with the ground. The free leg thigh driving to waist level.
- The arms drive forward and up. The torso should be held erect with the chin up and eyes looking beyond the pit.
- The legs move into a hang position with both thighs directly below the body, legs bent at the knees.
- The arms are extended overhead to slow rotation with the hands reaching for the sky.
- The arms then drive forward. The legs swing forward.
- The position is held until the heels hit the sand. When the knees collapse, the hips rise, and the athlete slides through the sand

Safety precautions for Triple Jump

- The pit must be well dug, turned over and free of foreign objects for every sessions of jumping.
- Ensure that pronged rakes, forks and shovels are left outside the landing area with the prongs in the ground when unused.
- The usual filling for the pit is sand. Take off boards should be level with the surface and the mats should be fixed firmly to the ground.
- The run up surface must be dry, firm, even and clear of foreign objects
- Always check before you cross the runway.
- Place markers to the side of the runway to alert participants.
- The take-off area must be able to withstand to the full force of your foot and should not be slippery.

Rules for Triple Jump

- For a triple jump to be valid, it shall consist of a hop, step and a jump in that order.
- There shall be a replacement trial if the athlete lands in the pit in the step phase through no fault of his own
- Landing in Triple jump must be within the landing area.
- The landing area in triple shall be at least 21m
- The take-off line shall not be less than 13m for men and 11m for women from the bearer end of the landing area.

Relevance of jumping skills

Jumping has many applications and these include;

- Avoiding a pool of water on the road
- Going over stumps of trees and trenches
- Generally jumping over obstacles or hurdles in our way including snakes.
- Picking things that be at a higher level than our reach
- Catching balls that are higher than our reach in different games.

Questions:

1. Facilities and equipment are necessary for one to practise jumping skills.
2. Differentiate a facility from equipment.
3. Make clear drawings of triple jump, high and long jump facilities. Pay strict attention to the dimensions and zones
4. Safety is Paramount during the execution of different jumps. With reference to triple jump, long and high, discuss the safety considerations you would bear in mind when planning an athletics meet.
5. The necessity of jumping skills cannot be overemphasized. Detail the relevance of running skills in your daily life.