

# Athletics Jump

## Component of Fitness (F)

1	Maximal Strength
2	Coordination
3	Flexibility
4	Dynamic Strength
5	Muscular Endurance
6	Balance
7	Explosive Strength
8	Power
9	Speed
10	Cardiovascular Endurance
11	Agility
12	Reaction Time
13	Static Strength



## Skills (S)

Long Jump		Triple Jump		High Jump	
1	Focus forward	11	Equal hop, step and jump phase	21	Run with good posture
2	Body upright	12	Extend the legs	22	Run on a curve
3	Drive the knee	13	Use of arm to balance leg action throughout	23	Acceleration on the final 4-5 strides
4	Hips high at take-off	14	Extension of the hip, knee and ankle	24	Extension of the hip, knee and ankle
5	Land with heels first	15	Keep tall	25	Mid-upper back touches first
6	Bend the knee when landing	16	Upright body in flight phase	26	Push hips up to arch back
7	Look forward and up	17	Fast, controlled run up	27	Flick feet up
8	Fast controlled run up	18	Pull foot down and back at take-off	28	Lean on the angle as you approach
9	Aware of the take-off point	19	Drive the free knee up and forwards	29	Drive the knee at 90 degrees
10	Arm up on flight phase	20	Bring take-off leg through	30	Lift the legs

## Tactics (T)

1	Choice of jump performed
2	Length of run-up
3	Height of entry jump
4	Distance of entry jump
5	Knowledge of rules