



High Jump





Equipment needed to participate in High Jump

- High Jump pit mats
- Standards to hold high jump pole
- Fiberglass pole (P.E. uses a rubber band strap)





Rules for the High Jump

- Athlete gets 3 attempts to clear each height. If athlete does not clear in 3 attempts they are disqualified from the competition.
- Athlete has to take off on one foot.
- Athlete must exit the pit from the back. (except in PE it will be from the side)
- The athlete has only cleared the jump if the pole stays on the standards and in PE they can not touch the rubber band rope.



3 Different approaches in High Jump

- 1 **Scissors Kick**
- 2 **Western roll** - this approach will never be used in PE because of the danger of head injuries
- 3 **Fosbury Flop** - the approach you will need to understand how to perform



Critical Elements of the high jump

I The Approach or J

- Need to determine your dominant foot.

I The Take off

- The last three steps are the most critical
- Plant with Non-Dominant foot drive with dominant foot.
- Inside foot stays parallel to the mat

I Flight

- Drive Knee and arms up for more height
- **Peak of jump arch back**
- **Kick legs up**
- **Tuck chin before landing**

Aspects of the High Jump

