

## KEY STAGE 3

# HIGH JUMP BASIC RULES & SKILLS



Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in High Jump

## Basic Rules

### Objective of High Jump

The objective of high jump is to clear the horizontal bar without knocking it off. Each round the height of the bar will increase until there is one athlete left who can successfully reach a height that no other athlete in their competition can.

### Basic Rules

Each athlete must start along either side of the high jump depending on their take off. They must not knock the bar off; if they do, it is classified as a foul jump.

### Players & Equipment

As an athlete some equipment that is needed is sports clothing such as shorts and a t-shirt and a pair of trainers. There will be upright stands that will hold the bar, safety mats will be placed behind the mat for the athletes to land on to ensure a safe and secure landing.

### Scoring

As each athlete clears the bar they raise the height of the bar, 3 misses lead to elimination. The athlete with the highest clear is named the winner.

## High Jump Skills

### Run Up

There is a set route in which athletes must take towards the bar in a curved motion. They can run from either side of the high jump depending on their preference of which foot they take-off from.

They should start with a moderate pace and gradually increase their speed as they approach the take off point. Usually, they take 8-10 steps in an increased speed before take-off, keeping their eyes on the bar and using their arms to maintain balance and momentum. The athlete usually takes 4-5 strides in a straight line followed by 4-5 on the curve, planting their dominant foot.

### Take Off

As they approach the high jump, they should plant their dominant foot slightly in front of their non-dominant foot. Their non-dominant foot should then swing through to help generate momentum and lift as they drive up forcefully using their planted, dominant foot while simultaneously swinging their arms up and above their head.

### Landing

As the athlete comes across the bar, they should begin to relax their body, aiming to land flatly on their back if they are completing the Fosbury flop.

## Key Skills

### Coordination

To execute the different types of technique in high jump there is a lot of coordination required, as there are many different things for the athlete to complete in a small space of time. The coordination between their upper and lower body is key to ensure they do not knock the bar.

### Balance and Control

To achieve a clean jump, balance is key for the high jumper. They must be able to remain upright as they begin their take off phase followed by balancing out their body to ensure they are going up, and over the bar without knocking it.

### Power

Power is key for the athlete when they are in their approach and take-off phase, they need to generate as much power as possible in order to get themselves up and over the bar. Using specific muscle groups such as their quadriceps, glutes, and calf muscles, they will be required to push upwards and gain as much vertical height as possible.

### Speed

The athlete must have enough speed to allow themselves to gain momentum and energy to complete a successful jump. They have a short run up to gain speed and control to propel themselves over the bar.

## Techniques

### Scissor Kick

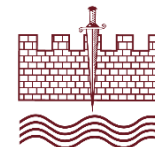
This technique is more commonly used over the lower height bars. It consists of the athlete running alongside the bar and taking off, of one foot (the one closest to the bar or equipment), kicking their leg up and over the bar followed by their other leg in a crossover motion.

### Fosbury Flop

This technique is when the athlete will take off and curve their body over the bar, headfirst with their body facing upwards and arching their back to clear the bar.

As they approach the bar they will take off and push their head over the bar first, followed by their body, arching it around the bar to ensure they do not knock the bar off as this would be classified as a failed attempt.

They then keep their legs in the air and away from the bar for as long as possible. As their body reaches over the bar, they will relax their back and aim to land on the mat using their back to ensure a safe landing.



## KEY STAGE 3

# HOMEWORK / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

## Key Questions

What is the best way to approach the bar?

How is the winner determined?

What happens if you touch the bar as you go over?

How many attempts do you get?

What if you take off on the wrong foot?

How many techniques are there for going over the bar?

How do you land on the mat?

How much does the height increase by each round?

How do environmental factors affect high jump performance?

What muscle groups are used most in high jump and how can an athlete train them to enhance performance?

How do you transition smoothly between phases?

What are the most effective strategies to help enhance high jump performance?

## Key Vocabulary

**Balance** – The ability to remain upright and in control of body parts during different movements.

**Bar** – The metal bar between the two posts the athlete must jump over.

**Clearance** – The height that the athlete jumps over the bar.

**Coordination** – The ability to use 2 or more body parts while remaining in control.

**Extension** – The upwards movement of the athlete's body during the take-off phase.

**Fosbury Flop** – The technique where you arch your back over the bar and land on your back.

**Landing** – Safely landing their body on the mat to prevent injury.

**Momentum** – The energy and force gained during the run up and take off phase.

**Plant foot** – The foot that is used to take-off from the ground during the take-off phase.

**Power** – The strength and momentum built to take off.

**Run Up** – Preparation before the take-off.

**Safety Mats** – The thick mats for athletes to land on, on the other side of the bar to prevent injuries.

**Scissor kick** – The technique in which you use a crossover effect on your legs as you go over the bar.

**Take-off** – Taking off the floor gaining as much momentum as possible and getting over the bar.

**Uprights** – The taller stands on either side of the high jump bar to keep it upright and measure the height of the bar.

## Assessment Levels

### Things to look for when assessing:

- Can they perform the scissor kick consistently?
- Can they perform the Fosbury flop consistently?
- Are they aware of how to consistently perform their run up?
- Do they know their distance to begin their run up?
- Are they consistent with their run up?
- Do they know which foot they take off from?
- Do they make simple errors?
- Are they able to clear the bar consistently?
- Are they able to perform the phases in isolation?
- Can they demonstrate all phases in combination to demonstrate a full high jump technique, either Fosbury flop or scissor kick?

### Grade 3

- Remember five key rules/measuring systems.
- Recall the teaching points for all phases of high jump.
- Demonstrate basic run up technique when approaching the board.
- Display the approach, take-off, and landing phases in isolation.
- Show a basic combination of all three phases working towards the safety mats.

### Grade 4

- Apply the three high jump phases consistently in a competitive situation.
- Understand the different phases of the high jump and describe key teaching points.
- Show a good high jump technique that combines all three phases correctly after a run up.
- Identify most of the rules associated with the event and discuss possible techniques to improve height.
- Independently show where to begin their approach and how to measure this distance and taking off on the correct foot.

### Grade 5-6

- Analyse their own technique or a peer's technique in high jump phases.
- Know how to execute each phase of the high jump.
- Apply and evaluate different techniques for increasing heights.
- Combine the phases effectively with consistent precision, speed, and accuracy, e.g., a full paced run up, accurate take-off and successful combination of all three high jump phases.
- Apply skills and techniques accurately in pressured situations.

### Grade 7-9

- Be able to consistently use advanced techniques in competitive situations.
- Can develop practices in training sessions confidently.
- Can assess and improve other pupils' performances.