

## KEY STAGE 3

# TRIPLE JUMP BASIC RULES & SKILLS

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



## Basic Rules

### Objective of Triple Jump

Triple jump is a track and field event in which an athlete jumps three times, taking off on one foot and landing on the same foot after three phases: the hop, the step, and the jump. The athlete who jumps the farthest distance is the winner.

### Key rules

Starting position: The athlete starts the triple jump from a runway that is at least 40 meters long and 1.22 meters wide.

**The hop:** The athlete takes off from one foot and lands on the same foot after a hop. The athlete's landing foot must be placed within a designated landing area, which is marked with a white line.

**The step:** The athlete takes a second jump, this time landing on the opposite foot. The landing foot must also be placed within the designated landing areas.

**The jump:** The athlete takes a third and final jump, landing on both feet in the sandpit. The distance is measured from the take-off line to the nearest mark in the sand made by any part of the athlete's body.

**Fouls:** The athlete is disqualified if they step outside the designated landing areas or take off from the wrong foot. The athlete is also disqualified if they touch the ground outside the landing areas during any of the jumps.

### Scoring

Distance measurement: The distance is measured to the nearest centimetre. The athlete who jumps the furthest distance after three jumps is the winner.

## Key Skills

### Speed and Agility

Triple jump requires the athletes to run down a runway to build up enough speed to execute the three phases of the jump. The ability to accelerate quickly and maintain speed is crucial to performing a successful jump.

### Coordination

To execute each phase of the jump (the hop, the step, and the jump) in a smooth and efficient manner, athletes need to have good coordination between their upper and lower body. They need to coordinate their arms, legs, and torso movements to generate enough force to propel themselves forward.

### Balance and Body Control

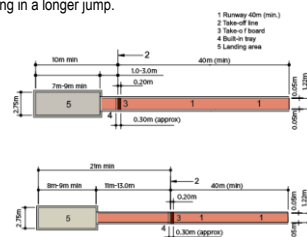
Triple jump requires a high level of balance and body control. Athletes need to maintain their balance while landing on one foot after the hop and step phases, and then landing on both feet in the sandpit after the final jump.

### Explosive Power

To achieve a long jump, athletes need to generate explosive power in their lower body muscles, particularly in their quadriceps, glutes, and calf muscles. This allows them to propel themselves forward with more force during each phase of the jump.

### Flexibility

Triple jump requires a high level of flexibility, particularly in the ankle, knee, and hip joints. This allows athletes to achieve a greater range of motion during the hop, step and jump phases, resulting in a longer jump.



## Technique

### Stages of a Good Technique

Triple jump requires athletes to have good technique in each phase of the jump. This involves proper foot placement, the correct take-off angle, and the proper landing position.

## The Run Up

The first step in working out a triple jump run up is to determine natural stride length. This can be done by marking a start line on the track and then running at your natural pace for 10 strides. Measure the distance covered in those 10 strides and divide by 10 to determine average stride length.

The number of steps in a triple jump run up can vary depending on the athlete's personal preference and level of experience. Some athletes prefer a shorter run up with fewer steps, while others prefer a longer run up with more steps. Generally, most triple jumpers use between 12-18 steps in their run up.

To work out your run-up distance, multiply your total number of strides by your average stride length. For example, if your average stride length is 1.5 meters, and your total number of strides is 18, your run-up distance would be 27 meters ( $1.5 \times 18 = 27$ ).

Adjust Your Run Up Distance: Once you have calculated your run-up distance, it is important to test it out by running test runs into the take-off board. Run your normal stride length and evaluate how accurate you are on the take-off board. Each time you can adjust the run up distance accordingly to increase accuracy.

## Phases

The triple jump involves three key phases of jumping:

### The Hop

The first phase of the triple jump is the hop. In this phase the athlete runs down the runway and takes off from one foot, landing on the same foot. The hop is a low, quick jump that is designed to set the athlete up for the next phase of the jump.

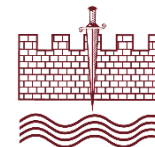
### The Step

The second phase of the triple jump is the step. In this phase, the athlete takes a long step forward onto the opposite foot, known as the "step" leg. This step should be as long and as powerful as possible, as it is designed to generate momentum and set the athlete up for the final phase of the jump.

### The Jump

The third and final phase of the triple jump is the jump. In this phase, the athlete takes off from the "step" leg and jumps as far as possible into the sand pit. This jump should be as explosive and powerful as possible, using all the momentum generated from the previous phases of the jump.

It is important for athletes to master each phase of the triple jump to achieve the best possible jump distance. This requires a combination of speed, power, and technique, as well as consistent training and practice.



## 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 triple jump and how is it different from other jumping events in athletics?

What are the basic rules and regulations of triple jump, and how is it scored?

What are the key techniques used in triple jump and how do they differ from other jumping events?

How do athletes prepare themselves physically and mentally for triple jump competitions?

What are the common mistakes made by athletes in triple jump and how can they be avoided?

What are the most important muscles groups used in triple jump and how can athletes train to improve their performance?

How do environmental factors, such as wind and temperature, affect triple jump performance?

What are the different phases of triple jump, and how do athletes transition between them?

What are the most effective strategies for increasing distance in triple jump, and how can athletes fine-tune their technique to achieve greater distances?

## Key Vocabulary

**Approach** – The run-up taken by the athlete before taking the first jump in triple jump.

**Board** – The take-off point for the triple jump, marked on the runway.

**Distance** – The total distance covered by the athlete's three jumps in the triple jump, measured from the board to the point where the athlete lands on their final jump in the sandpit.

**Fouls** – Infractions of the rules of triple jump, such as stepping on the board, taking too many steps, or not completing each phase correctly.

**Hop** – The first jump in triple jump, where the athlete lands on one foot and then takes off with the same foot.

**Mark** – The point on the runway where the athlete's foot makes contact during each phase of the triple jump.

**Phase** – Each of the three individual jumps in the triple jump (i.e., the hop, the step, and the jump).

**Scratch** – When an athlete steps on or over the board, resulting in a foul and no mark being recording for that attempt.

**Step** – The second jump in triple jump, where the athlete lands on both feet and then comes to a stop.



## Assessment Levels

### Things to look for when assessing:

- Can they measure out a suitable run up and take-off accurately on the board?
- Can they demonstrate all three phases of the triple jump technique correctly?
- Can they demonstrate the hop take-off phase of the triple jump in isolation?
- Can they demonstrate the step phase of the triple jump in isolation?
- Can they demonstrate the final jump phase of the triple jump in isolation?
- Can they land with two feet correctly in the sandpit?
- Can they explain the correct structure of a triple jump competition and how to measure the full distance jumped?
- Can they combine all elements of the technique to demonstrate a full triple jump technique, including: run up, take-off, hop, step, jump and landing?

### Grade 3

- Remember five key rules/measuring systems.
- Recall the teaching points for all three phases of the triple jump.
- Demonstrate basic run up technique when approaching the board.
- Display the hop, step, and jump phases in isolation.
- Show a basic combination of all three phases working towards the sandpit.

### Grade 4

- Apply the three triple jump phases consistently in a competitive situation.
- Understand the different phases of the triple jump and describe key teaching points.
- Show a good triple jump technique that combines all three phases correctly after a run up.
- Identify most of the rules associated with the event and discuss possible tactics to improve distance.
- Independently show how to measure your run up so that you accurately land on the take-off board.

### Grade 5-6

- Analyse their own technique or a peer's technique in triple jump phases.
- Know how to execute each phase of the triple jump and how to gain maximum distance within each phase.
- Apply and evaluate different tactics for increasing distance.
- 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 triple jump phases.
- Apply skills and techniques accurately in pressured situations.

### Grade 7-9

- Be able to consistently use advanced techniques in competitive situations.
- Can adapt "their technique" to suit their opposition's weaknesses.
- Can develop practices and tactics in training sessions confidently.
- Can assess and improve other pupils' performances.