

LESSON - 18**LONG JUMP**

The following components will be learnt in this lesson:

- Dimension of the landing pit. ➤ Take off board
- Run way ➤ Rules for jumping events
- Fouls committed by the Jumpers.
- Records at state, National and International level.

Introduction:-

Long jump is an important athletic event. Children love this event very much as it provides lot of fun and enjoyment. Speed, explosive strength of legs and neuromuscular co-ordination determine an athletes performance in long jump.

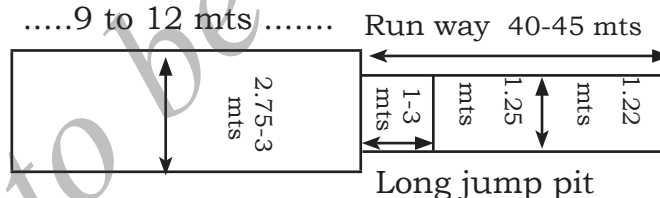
Dimensions of long jump Pit.**1. Long jump pit:-**

Fig: 18.1

- Land area should be filled with a wet sand to the ground surface around the runway.
- Width of the Landing area should be minimum of 2.75 mtrs and maximum of 3.00 mtrs.
- The landing area should be minimum 9 meters and maximum 12 meters.

2. Take off board:-

- Take off board should be made of wood.
- Measuring 1.22 mtrs to 1.25 mtrs in length and 20cm

width and 10 cm thick. It should be white coloured.

- It may be located from 1.00 mtrs to 3mtrs away from the nearest end of the landing area.

3. Run way:-

- The run way is about 40 to 45 mtrs long and 1.22mtrs to 1.25 mtrs wide. The lane shall be marked white with 5 cm wide line.

Basic rules of the event:-

1. If an athlete touches the front line of the take off board and jumps, the jump is a foul jump.
2. If an athlete runs down the take off board then also it is counted as foul.
3. Each athlete gets 3 chances to take a jump.
4. After the jump from the nearest point of landing from the take off board will be measured and taken in to account.
5. After the call of officials an athlete has to take jump within 90 sec.

Fouls:-

- If an athlete touches the inside line of the take off board then it is foul.
- If an athlete fails to take his attempt within the allotted time then the attempt is considered foul and the next athlete has been given a chance to take the jump
- After the jump if an athlete comes back and crosses take off board then such attempt is considered a foul attempt.

Records of International level Events:

Men:-

In 1991 USA's Mike Powell jumped 8.95 mtrs.

Women:-

Galina Chistyakova of Russia Jumped 7.52 mtrs.

Indian Athletes Records:-

Men:-

Ankit Sharma of Uttar Pradesh 8.19 mtrs.

Women

Anju Bobby George of Kerala Jumped 6.83 mtrs.

Karnataka state Athletes Records:-

Men:-

C.Kunjuman jumped 7.86 mtrs.

Women:-

G.G. Pramila jumped 6.52 mtrs.

Exercise

I Fill in Blanks:-

1. The width of the take off board is _____.
2. The width of the Jumping pit is _____.
3. The national record of Anju Bobby George is _____.

II Answer the following in one sentence each:-

1. What is the shape of jumping pit.
2. Write the length and width of the run way of long jump.
3. Write on the preparation of the take off board.
