



# Knowledge Organiser KS3 PE

Year

KS3

Activity

High Jump

## Skills (Scissor kick)

1. Decide which foot is your preferred one to take off with.
2. Using a ben, curled run jump onto the mat/bed using one foot and take off.
3. Make sure it the leg nearest the bed which you lift first.
4. Run with confidence and make sure your parallel to the mat/bed before taking off. Use the same type of action as the long jump take off (Place your foot flat on the ground, lower your hips, bend your knee.)
5. Kick your leg nearest to the bed up and out so its straight in front of you. Lift the same arm high above your head.
6. Drive your take off leg high and out the same as your lead leg.
7. Try to land on your feet if possible or back side. Keep your upper body up right at all times.

## Fitness

To be successful in high jump you will need:  
 Power in you legs to drive upwards  
 Flexibility in your hips and hamstrings to scissor kick your legs out straight in front of you.  
 Good levels of co-ordination balance when about to take off.

## Rules

1. One foot take-off.
2. The bar should remain on the arms of the up rights for a clear to be awarded.
3. You can touch the bar when in flight
4. If you fail to clear a height after 3 fails, you are eliminated from the competition.
5. If the bar fails off the uprights after your clear the bed. It is classed as a clear.
6. You can stop your run up and start again if:  
 You have enough time to jump (90 seconds time limit for each jump)  
 You don't cross the plane of the bed.

## Technique



