



Knowledge Organiser KS3 PE

Year

KS4

Activity

High Jump

Skills (Fosbury Flop)

- Steps 1-4 are the same as KS3
- Approach is normally 6-12 strides
- In the air, keep driving upwards and bring your lead knee across the body to get shoulders parallel with the bar.
- When in the air twist so you are looking back towards to approach.
- Try to cross the barrier in the middle of the bar and bring the arms forwards and back into the body.
- As your hips cross the barrier, flick your feet upwards and high over the barrier.
- Maintain balance and land safely on your upper back

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

One foot take-off.
 The bar should remain on the arms of the up rights for a clear to be awarded.
 You can touch the bar when in flight
 If you fail to clear a height after 3 fails, you are eliminated from the competition.
 If the bar fails off the uprights after your clear the bed. It is classed as a clear.
 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

