

Date

11/01/2020

PRACTICAL RECORD

Serial No.

STAND-1 SPORTS/GAMESATHLETICSLong JumpIntroduction

Long Jump is one of the individual events included in Athletics—a group of sports that include field and track events and running races. It is a field event. In this event, the athlete runs for a specified distance and jumps into air with great speed and force and then lands on the ground. The distance between the take-off and landing is measured. To win a long jump event, the athlete has to cover the maximum horizontal distance in the competition.

At competency level, student learns and practises the steps involved in long jump, i.e. how to stand, short run ups, and the sequence of process. At proficiency level, student is able to do a long jump skillfully and participate in competitions.

Date

11/01/2020.

PRACTICAL RECORD

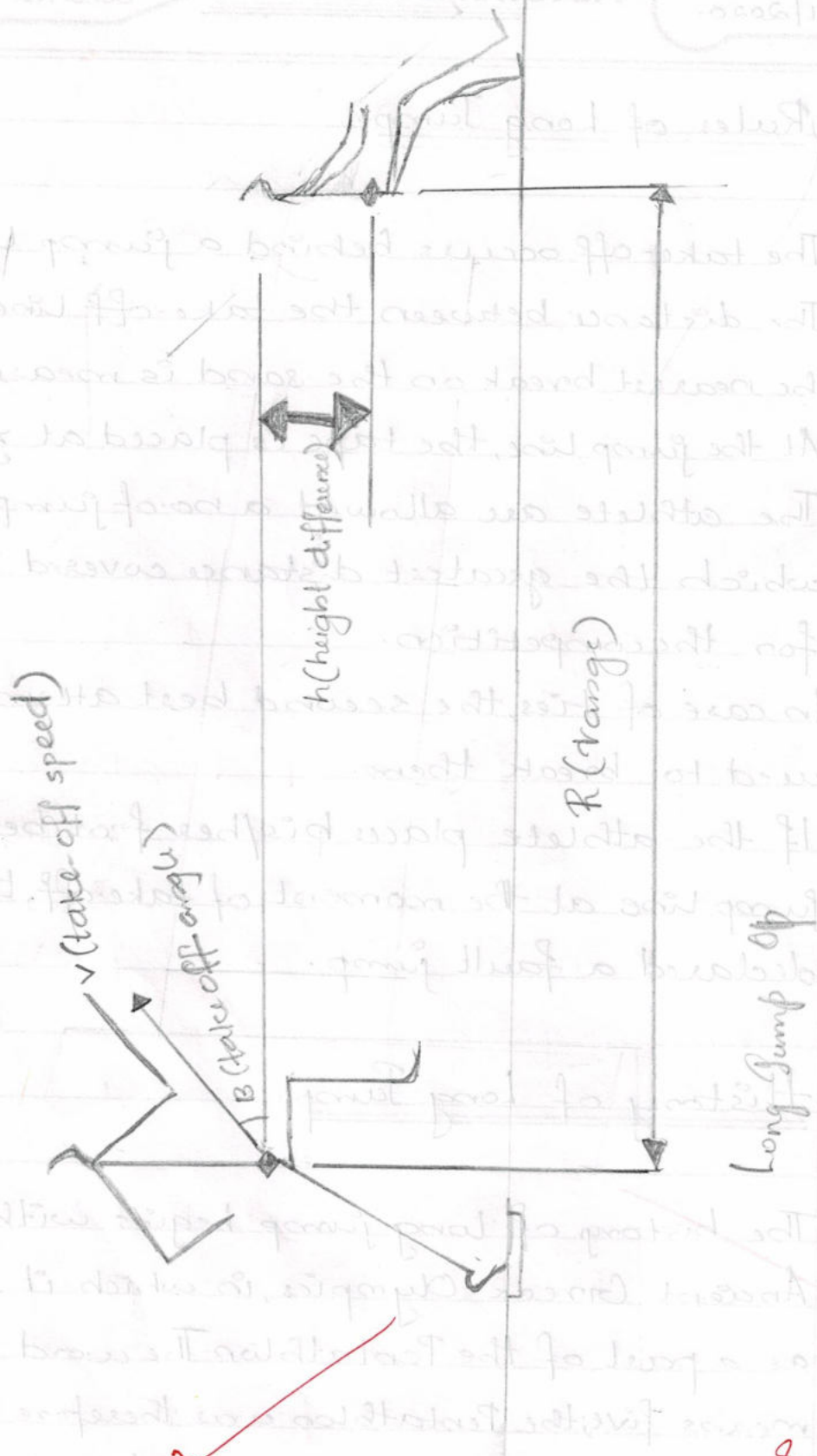
Serial No.

Rules of Long Jump.

- 1) The take-off occurs behind a jump line.
- 2) The distance between the take-off line and the nearest break on the sand is measured.
- 3) At the jump line, the tape is placed at zero.
- 4) The athlete are allowed a no. of jumps, of which the greatest distance covered is used for the competition.
- 5) In case of ties, the second best attempt is used to break them.
- 6) If the athlete places his/her foot beyond the jump line at the moment of take-off, then it's declared a fault jump.

History of Long Jump.

The history of long jump begins with the Ancient Greek Olympics, in which it featured as a part of the Pentathlon. The word 'penta' means five; the Pentathlon was therefore, a group of five events and long jump being the only jump included in it, is considered the oldest of



(Fig:1-1)

Remarks

Signature
[Handwritten Signature]

the track and field group of athletics. The athletes carry a weight in each hand called halteres. These weights helped the athletes gain momentum and altitude when swung forward.

Facts about Long Jump.

* The current world record for men is 8.95 m and for women is 7.52 m.

* The most popular ^{type} ~~area~~ of jump uses the 'hitch-kick' in which jumpers appear to walk in the air.

* Anju Bobby George became the first ever Indian to win a World Championship medal. In 2005, she was ranked 5th in the world for long jump.

* Anshu Patel Singh holds the Indian men's national record in long jump with a leap of 8.08 mtrs done at the Federation Cup Athletic Championship in Delhi in March, 2004.

Basic Requirement / Equipment.

- * A playing area that has a surface for running and jumping.
- * A well-dug and object-free jumping pit.
- * Low barriers for jumping over.
- * A line or board to show the take-off.
- * Benches or Boxes from which students can jump.
- * Appropriate clothing for the students.
- * Lime powder, measuring tape.
- * When working with large no. of students, use the landing pit lengthwise.

Space-Task-Equipment-People (Steps)Space.

- * ~~Increase or decrease the length of the run-up.~~
- * A good run-up is needed for building speed. Work with the students to decide the best distance for their take-off.

Date

15/01/2020

PRACTICAL RECORD

Serial No.

People:

All students should take part in the activity, in their respective capacities. They should be allowed to improve their performance and achieve their best distance.

Purpose of the activity:

To take part in activities that make the students go further, higher and faster.

Outcome of the Activities

- * Training without fail.
- * Desire to focus and practice to improve.
- * Setting and meeting personal goals.

The Hitch-Kick Technique:

The Approach: Run towards the board at full speed with correct no. of strides.

Date

15/01/2020

PRACTICAL RECORD

Serial No.

Take-off: Step off the board with force to push the body upwards and onwards.

Flight: This includes:-

- * Extend the bent knee and pull it backwards, while pulling the opposite arm backwards. Cycle in the air.
- * Kick the planted leg forward so that it points straight ahead.
- * Bring the other leg forward and extend it so that both legs point forward in a piked position.
- * Swing both arms forward and bring them down so that they move past the legs and the body.

Landings:-

Lean forward in the sand. Try not to fall backwards as the distance decreases.

Jumping and Bounding Activities

Practice sequences of jumps using 'same', 'same', 'same' (hopping) 'other'

Date

15/01/2020

PRACTICAL RECORD

Serial No.

'other', 'other' (leaping), and other combinations. Set up photometric circuit using jumping, hopping and bounding drills :-

* Astride Jumps:-

Onto and off a bench

* Squat Jumps:-

Half squats, jump up into a tuck position, land and repeat.

* Double footed bounds:- half squat.

* Alternate foot bounds:- repeated leaps forward from one foot to the other.

*Supri
31/12/2019*

Date

15/01/2020

PRACTICAL RECORD

Serial No.

Space-Task-Equipment-PeopleSpace:

Increase the playing area to encourage more movement and reduce it to increase development of quick reflexes. Vary the size of the pitch depending on the ability of the students.

Task

Let the students adjust according to their capacities. Certain players might find it easier to join the game when they're able to catch the ball, throw it successfully towards the target, or hit the ball with the bat.

Equipment:

Bright coloured balls, stumps and bats might help students with vision.

Date

15/01/2020

PRACTICAL RECORD

Serial No.

Impairments participate better in game

People

Make groups of 6 to 7 students and organise separate matches. Before deciding which students should bat, keep or bowl, let them practice each role.

Purpose of the Activity.

To play with others using both individual and team skills and strategies and to invade the oppositions space to score more points.

Skills

Batting:-

Stand sideways to the bowler with knees slightly bend and feet shoulder-width apart. Tap lightly on the ground to signal to the bowler that you are ready.