



Q-1: What is Preparation / Warm up?

Answer: The body should be warmed up before doing any exercise. The act of preparing the body through particular exercises is called 'warm up'.

Q-2: What is the requirement of warm up?

Answer: The blood circulation increases through warm up. The limbs and organs of the body become active. As a result, lessen the possibilities of injury. It also relaxes the joints of the bones so that muscles or tissues of the joint are not torn out.

Q-3: Why an athlete warms up himself for Long Jump?

Answer: The athlete is to prepare himself for the long jump beforehand. He will do certain specific exercises for warming up his body. This will help him to get prior physical and mental preparation.

Q-4: How many main rules are there regarding long jumps? Brief anyone.

Answer: There are mainly **six rules** regarding long jumps. There are

1. The athletes will take the jump from the "take off board" by pointing his left or right foot on it as per convenience. In doing so, he starts running from a distance of about 16 to 20 steps away from the board.
2. The length and breadth of the "take off board" are 1.21 to 1.22m (4ft) and 20cm (8 inch) respectively. The height of the board is 10cm (4 inch) and it is painted white.
3. The high speed of the approach run helps the athlete to cross a good distance.
4. The landing will be on both feet simultaneously.
5. Both knees will remain folded at the time of landing. But care should be taken so that the chin may not get hurt with the touch of the knee. The head will lean forward to gain maximum distance.
6. **Jumping pit:**
 - a) It is a sandy area where the jumps are accomplished.
 - b) It is about 1-3m away from the "Take off board".
 - c) But the distance from the "Take off board" to the last end of jumping pit is 10m.
 - d) Breadth and depth of the landing area is 2.75m (9 feet 2 inch) - 3m (10 feet) and 30cm (12 inch) respectively.

Q-5: How many main techniques are there in long jump? Brief anyone.

Answer : There are mainly **four techniques** in long jump. i.e.

- a) Approach runs.
- b) Take off.
- c) Flight in the air.
- d) Landing in the jumping pit.

➤ **Dear learners, now you will try to solve the answers of the following questions:**

1. What do you mean by warm up in case of long jump?
2. From where an athlete takes a take-off jump?
3. How many steps away an athlete starts running for taking a long jump?
4. What is the measurement of a "take off board"?
5. Why an athlete takes high speed for long jump?
6. On which feet a long jumper lands?
7. For a long jumper when the both knees remain folded?
8. Why a long jumper should take care of his knees?
9. Why a long jumper leans forward of his head?
10. What is the measurement of breadth and depth of a jumping pit?
11. Where a long jumper accomplishes his jump?