



**Q-1: What is the measurement landing area of High Jump?**

**Answer:** The measurement of landing area are -

- a) Length - 5m = (16'.5" Inch)
- b) Breadth 3m = (10' fit)
- c) Hight 60 cm = (24" inch) or 2' fit (coation mat)

**Q-2: What is crossbar?**

**Answer:** The crossbar is made of:

- a) One kind of special metal
- b) It's length is -4m
- c) It's weight is 2kg
- d) It's radius is - 29-31mm
- e) It's set up (fixed) on two stand
- f) A high jumper will be jumped over the crossbar

**Q-3: How many methods are there for high jump? And what are they.**

**Answer:** There are several methods are there for high jump. But mainly three methods are usually used all over the world i.e.

- a) Scissor cut
- b) Belly roll and
- c) Fosbery flop

**Q-4: How many techniques are there in a High Jump? And what are they?**

**Answer:** There are four techniques in a high jump. They are as follows -

- a) Approach run
- b) Take off
- c) Clearance of crossbar and
- d) Landing

**Q-5: Who is Disk Fosbery?**

**Answer:** He is an -

- a) American athlete ( High jumper)
- b) He took part in 1968 Mexico Olympics in High Jump
- c) He won a gold medal in high jump event.
- d) After this method was introduced after his name as a Fosbery flop

Now you will try to solve the answer of the following questions.

1. How will you measured the landing area of High Jump?
2. In which athletics event cross bar is used?
3. Where will you fix the crossbar?
4. In which event Belly method is used?
5. Who won gold medal in Mexico Olympics in1968?
6. In which year Mexico Olympics was held?
7. By which name Fosbery flop was introduced?
8. When two hands will come close to the body?
9. In which event landing will be done on the neck and the back?
10. In which event and when hands and legs will go up ward?