

NAME: \_\_\_\_\_ GRADE: 3º GROUP: \_\_\_\_\_.

EVALUATOR NAME: \_\_\_\_\_

### High jump Fosbury technique. Key points:

INDICADOR	0	0,5	1
The take off foot is the one furthest from the pit.			
Approach the bar in a controlled, measured run finishing in an arc, or "J"			
Run with speed, no short steps, no double steps.			
Plant take off foot.			
Lift opposite leg parallel to pit and rotate body so your back is to pit.			
Use arms to lift.			
Kick up both legs and use stomach (core) to pull legs over.			
Land on back and roll if it is necessary			
High challenge (armpit high)			
Clean jump (don't touch the bar) <i>Only if it is a high challenge</i>			
MARK:			

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