

Class 8 - Physical Education and Well Being

Khel Yatra

High Jump

CBSE NOTES

High Jump - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Analyze how the approach phase affects the success rate in high jump performances. Discuss the biomechanical principles involved.

Hint: Reflect on instances where approach mistakes influenced actual competitions.

2. Evaluate the significance of the take-off technique in high jump and its impact on different jumper types.

Hint: Consider contrasting athletes who excel using different techniques.



Solve the following questions. Write your answers in the space provided.

3. Discuss the role of psychological factors during the flight phase of the high jump and how they can be managed effectively.

Hint: Think about how anxiety might affect performance during the flight.

4. Critically assess how environmental factors (e.g., weather, surface conditions) influence high jump outcomes.

Hint: Relate this to your past experiences or observations at competitions.



Solve the following questions. Write your answers in the space provided.

5. Explore the adaptation of the straddle technique for high jump athletes of varying heights and body types.

Hint: Consider not just physical attributes but also potential psychological impacts.

6. Evaluate the effectiveness of feedback techniques during training sessions for improving high jump performance.

Hint: Consider the impact of immediate vs. delayed feedback.



Solve the following questions. Write your answers in the space provided.

7. What factors should be considered when setting personal best records in high jump? Discuss goal-setting strategies.

Hint: Think about past experiences where goal adjustments were necessary.

8. Assess the safety measures required during high jump training and the potential risks involved.

Hint: Reflect on safety practices you observed in training or competitions.



Solve the following questions. Write your answers in the space provided.

9. Analyze the physiological demands of the high jump and how diversifying training can enhance performance.

Hint: Consider how different exercises might address specific weaknesses.

10. Reflect on how the high jump's rules and regulations influence competitive strategies and athlete behavior.

Hint: Think about instances when athletes have had to adapt to rule changes mid-career.



Check your answers with the solutions below.

1. Analyze how the approach phase affects the success rate in high jump performances. Discuss the biomechanical principles involved.

Solution: Discuss various elements like stride frequency and body lean in relation to speed and center of mass. Consider examples from athletes.

2. Evaluate the significance of the take-off technique in high jump and its impact on different jumper types.

Solution: Assess how variations in technique may benefit versatile athletes, taking into account individual strengths like leg power.

3. Discuss the role of psychological factors during the flight phase of the high jump and how they can be managed effectively.

Solution: Examine techniques like visualization or focus, supported by anecdotal evidence from renowned high jumpers.

4. Critically assess how environmental factors (e.g., weather, surface conditions) influence high jump outcomes.

Solution: Utilize concrete examples to argue both sides of how adverse conditions can either hinder or enhance performance.

5. Explore the adaptation of the straddle technique for high jump athletes of varying heights and body types.

Solution: Discuss how body mechanics might differ based on individual physical characteristics technique's adaptability.



Check your answers with the solutions below.

6. Evaluate the effectiveness of feedback techniques during training sessions for improving high jump performance.

Solution: Discuss various feedback methodologies and their applications, supported by case studies or personal experiences.

7. What factors should be considered when setting personal best records in high jump? Discuss goal-setting strategies.

Solution: Evaluate short-term and long-term goals, supported by examples of successful athletes in setting benchmarks.

8. Assess the safety measures required during high jump training and the potential risks involved.

Solution: Discuss common injuries and prevention strategies, using statistical data to underline the importance of safety.

9. Analyze the physiological demands of the high jump and how diversifying training can enhance performance.

Solution: Examine how strength, speed, and flexibility contribute to overall performance, with examples of cross-training methods.

10. Reflect on how the high jump's rules and regulations influence competitive strategies and athlete behavior.

Solution: Critically address how rule variations may necessitate different preparation and competition mindsets.



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