



Different Ways to Jump in Athletics Explained

KS2 PE Ages 9-12 ⌚ 3 min read

What Are the Different Ways to Jump in Athletics?

In athletics, jumping is one of the most exciting events. Athletes compete in different types of jumps that test their strength, speed, and technique in different ways. The main types of jumps are the **long jump**, **high jump**, **triple jump**, and **pole vault**. Each one requires special skills and training.

The Long Jump

The **long jump** is where athletes run as fast as they can down a runway and jump off a line to see how far they can travel through the air. Jumpers need to combine running speed with explosive power from their legs. They land in a sand pit, and the distance is measured from the takeoff line to where they land.

Think of it like throwing a ball as hard as you can across a field — the faster you run before jumping, the further you go.

The High Jump

In the **high jump**, athletes sprint towards a bar and jump over it without knocking it down. The bar starts at a low height and gets higher each round. Jumpers use different techniques, with the **Fosbury Flop** being the most common — where athletes arch their backs and go over the bar backwards. This technique helps them clear higher heights.

Think of it like doing a limbo move, but going up instead of down.

The Triple Jump

The **triple jump** is three jumps in a row! Athletes run down a runway, then perform a **hop** (landing on the same foot), a **step** (landing on the other foot), and finally a **jump** (landing in the sand pit). This event combines rhythm, power, and balance.

The Pole Vault

The **pole vault** is one of the most dramatic jumps. Athletes hold a long **fiberglass pole** and run with it, plant it in a box in the ground, and use it to launch themselves high into the air over a bar. Modern poles bend and help propel athletes incredibly high — sometimes over **6 metres!**

Think of it like using a long stick to help you swing up and over something tall, like swinging on a climbing rope.

Each jumping event requires different abilities and training methods, which is why successful athletes often specialise in one type of jump.