

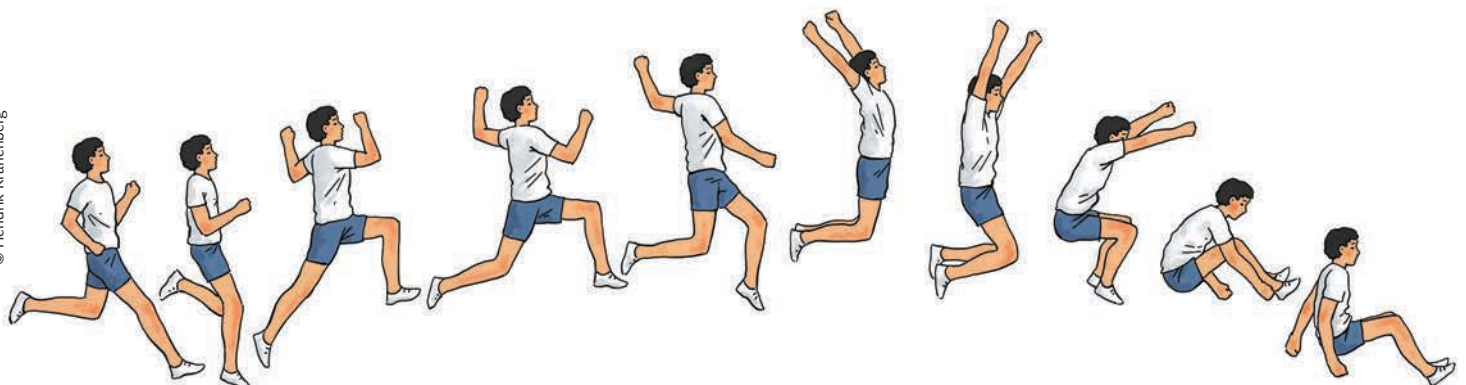
My Portfolio in Physical Education

Name: _____

Class: _____

School year: _____

Topic: Long Jump



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Material zum Beitrag von Tobias Lobeda:
Run faster, jump longer. Seite 36–41

4 Phases of Long Jump

Write down the 4 phases of a long jump. Highlight the two most important phases!

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Choose one of the two most important phases and explain why it is important for a successful performance!

Important vocabulary	
Sprungbein	take-off leg
Schwungbein	free leg
Sprungweite	jumping distance
Sprungbalken	take-off board
Sprunggrube	sand pit
Gelenk	joint
Beschleunigung	acceleration
Geschwindigkeit	speed

Find your optimal run-up length

What is difficult about the run-up? Write down two difficulties or problems that can occur.

Experiment: Do two jumps from each of the different lengths (starting at 10 m and increasing the length in order). Write down your results in the table below.
Highlight your longest jump.

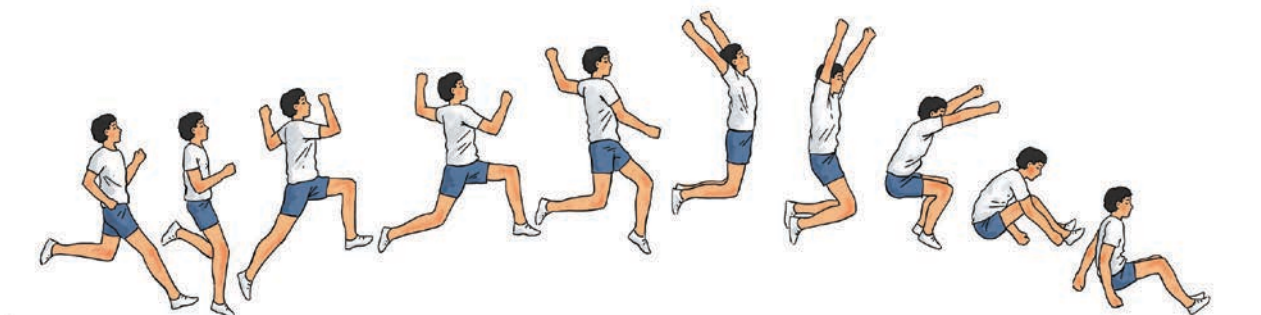
	10 m	12,5 m	15 m	17,5 m	20m
1st try					
2nd try					

Do more jumps and try to find your optimal run-up-length. Write it down.

My optimal run-up-length:

Important vocabulary	
übertreten	(to) overstep
Oberkörper	upper body
Anlaufpunkt	starting point
Laufrythmus	running cadence
Flugkurve	trajectory

It's important that you... let me help you



Name of observing student: _____

	+	0	-
student has optimal speed at the end of the run-up			
student jumps from the take-off board			
student drives knee of free leg to parallel position			
student keeps upper body upright at take-off until first part of flight phase			

Try to run faster/more slowly.
It's important that you move your starting point forwards/backwards.
Remember to drive the knee of your free leg higher.
	... keep your upper body upright.

Analysis of my jumping technique

Date: _____

Write down the major technical errors that you need to improve.

Were you able to improve your technique? Describe how you improved it. Also, explain what difficulties you still encounter.

My best jump today:

What is the goal you have set for yourself? Write down what you are going to do in order to achieve it.

Analysis of my jumping technique

Date: _____

Write down the major technical errors that you need to improve.

Were you able to improve your technique? Describe how you improved it. Also, explain what difficulties you still encounter.

My best jump today:

What is the goal you have set for yourself? Write down what you are going to do in order to achieve it.

How well I think I did

Tick whether the following statements always (+ +), often (+), sometimes (-) or never (- -) apply to you.

content-related skills	+ +	+	-	- -
I am able to execute the long jump technique.				
I am able to find my optimal run-up length.				
I know the four phases of a long jump.				

language skills	+ +	+	-	- -
I am able to understand my teacher's instructions.				
I am able to understand my classmates' statements.				
I am able to use sports-related vocabulary.				
I participate in group and class discussions.				
I communicate in English during practice drills.				
I am able to explain the important aspects of the long-jump technique to my classmates.				
I ask my classmates to speak English.				

methodology skills	+ +	+	-	- -
I am able to measure jumping distances correctly.				
I am able to analyze my classmates' jumping techniques.				
I complete the homework assignments.				

**Answer the following questions about your improvements.
Give your opinion on the usefulness of this portfolio.**

What were my biggest improvements in regard to the sport?

What were my biggest improvements in regard to language?

What were my biggest improvements in regard to methodology?

Was the portfolio helpful for your learning process?

☐ **yes**

☐ **no**

Give reasons for your opinion.
