

SATURDAY ACTIVITIES



32

JUMPING

C	R	O	S	S	B	A	R	H	F	H
H	O	R	H	P	O	L	E	V	O	T
I	C	F	H	I	R	O	C	K	S	P
T	K	L	A	N	D	I	N	G	B	O
C	B	I	N	K	A	O	N	J	U	L
H	A	G	D	P	I	T	P	T	R	E
K	C	H	S	D	R	I	V	E	Y	V
I	K	T	T	A	K	E	O	F	F	A
C	R	O	A	S	B	A	R	X	L	U
K	L	O	N	G	J	U	M	P	O	L
S	A	N	D	P	I	T	A	K	P	T

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|--------------|------------|
| FOSBURY FLOP | HOP |
| HANDSTAND | SKIP |
| LONG JUMP | FLIGHT |
| HITCH KICK | LANDING |
| TAKE-OFF | CROSSBAR |
| SANDPIT | ROCK BACK |
| SPRINT | POLE VAULT |
| DRIVE | |



JUMPING

33

V	H	A	P	P	R	O	A	C	H	D
A	D	O	U	B	L	E	A	R	M	A
U	A	J	S	T	R	A	P	L	F	N
L	L	N	H	I	G	H	J	U	M	P
T	R	I	P	L	E	J	U	M	P	O
I	U	E	U	N	W	A	Y	P	E	P
N	N	P	L	A	N	T	L	D	P	D
G	W	H	L	E	I	K	I	C	K	A
B	A	A	M	Z	A	R	U	N	W	R
O	Y	N	W	A	T	S	T	R	I	C
X	C	G	C	S	T	R	E	T	C	H

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|--------------|-------------|---------|
| VAULTING BOX | KICK | RELEASE |
| DOUBLE ARM | PLANT | STRIDE |
| APPROACH | STRETCH | HANG |
| RUNWAY | PUSH PULL | |
| ARCH | HIGH JUMP | |
| MAT | TRIPLE JUMP | |

