

Name _____

The High Jump: Soaring to New Heights

Short Answer Key

1. The Fosbury Flop is a high jumping technique where athletes approach the bar diagonally, arch their backs, and clear the bar headfirst. It was introduced by Dick Fosbury.
2. High jumpers pivot their bodies over the bar by using their bodies' rotation and maintaining their forward momentum.
3. High jump coaches help athletes refine their technique, improve their approach, clearance, and provide guidance on overall performance.
4. Points in high jump competitions are awarded based on the height cleared, with higher heights earning more points. The winner is determined by the athlete who clears the highest height without knocking down the bar with the fewest attempts.
5. Answers may vary, but examples of famous high jumpers mentioned in the passage include Javier Sotomayor and Stefka Kostadinova, who both held world records in high jump.

