

Anlass

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KRITERIEN:

- Weite max. eine Körperlänge (ab Absprungpunkt)

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- The diagram shows a sequence of five figures illustrating the phases of a long jump. From left to right: 1. Approach: A figure in a running stance. 2. Take-off: A figure with one foot on the ground and the other leg extended forward. 3. Flight: A figure in mid-air, with both legs extended forward. 4. Landing: A figure with both feet on the ground, arms extended forward. 5. Follow-through: A figure in a crouched position, arms extended forward, after landing.

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