



HIGH JUMP 01

GAYTHER COLOUR AND LEARN



High jump is a track and field sport in which athletes run and attempt to leap over a horizontal bar at varying heights without knocking it down. Each time the high jumper successfully clears the bar, the height is raised. The winner is the athlete who successfully cleared the highest height during the competition. The sport challenges the athletes' strength, flexibility, and precision, and is included in both indoor and outdoor athletics competitions worldwide. Early forms of jumping over obstacles were practised in ancient Greece and Egypt, though not specifically as a formal sport. It was not until the late 19th century that the modern high jump, however, began to take shape as a professional sport.



INTERESTING FACT

The High Jump is an old sport with roots back to ancient Greece and the Olympic Games, where athletes competed in various jumping events.

