



Name _____

Jumping Phases Word Search

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

Penultimate step
 Approach run
 Takeoff step
 Flight phase
 Landing phase

Toe placement
 Knee drive
 Forward lean
 Mid-air balance
 Leg extension

Swing leg
 Arm movement
 Hips elevation
 Foot strike
 Post-jump recovery

