

Course Name : Bachelor of Physical Education
Year : Ist
Paper Name : Skill and Fundamental of Athletics
Paper No. B
Lecture No. 2
Topic No. 3
Lecture Title : Long Jump : Gameplay and Records

Glossary

Precise - Accuracy

Somersaulting - An acrobatic movement in which person turns his head ver heads

Overbalancing - To provide with more weight

Squared - Like a square

Supervision - Act of Supervising someone