

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-3)**  
**Paper Name - Skill and Prowess**  
**Topic Name - Skill and Prowess**  
**Topic No. – Part – III (B) II**  
**Paper No. - B**  
**Lecture No. – 21**

**Lecture Title**  
**High Jump - 2**

**Glossary**

**Spectator:** A person who watches at a show, game, or other event.

**Consecutive:** Following each other continuously.

**Dislodging:** Knock or force out of position

**Endeavor:** Try hard to do or achieve something.

- **Acceleration:** Increase in speed or rate