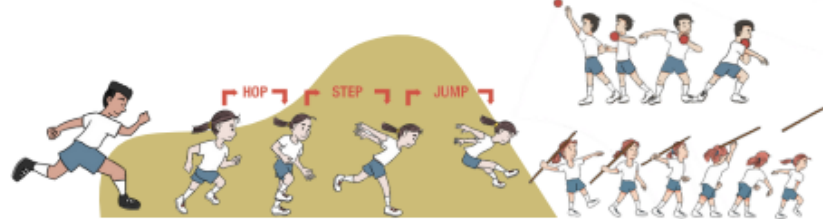


### About this Unit

Athletics is made up of events that are classified as either track or field. Running events are classified as track and throwing and jumping events are classified as field events.



You will learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.



### Official Athletic Events

Running	Jumping	Throwing
<b>Sprinting</b> 100m, 200m, 400m	<b>Long jump</b> Jump for distance	<b>Discus</b> Fling throw
<b>Hurdles</b>	<b>Triple jump</b> Jump for distance	<b>Shot</b> Push throw
<b>Relay</b>	<b>High jump</b> Jump for height	<b>Hammer</b> Fling throw
<b>Middle Distance</b> 800m, 1500m	<b>Pole vault</b> Jump for height	<b>Javelin</b> Pull throw
<b>Long Distance</b> 5,000, 10,000		
<b>Steeplechase</b>		

Have you seen any of these events before?



### Key Vocabulary

- approach:** a way of dealing with a situation
- changeover:** what happens when the relay baton is passed from one runner to another
- consistent:** to repeat something in the same way
- dominant:** preferred side
- drive:** a forceful and controlled movement to help move you forward
- event:** the name of different athletic activities
- field:** the collective name for jumping and throwing activities
- force:** create power
- javelin:** a spear like object used in a throwing event
- momentum:** the direction created by weight and power
- shot put:** a heavy round object used in a throwing event
- stamina:** the ability to move for sustained periods of time
- stride:** the length of the step
- technique:** the action used correctly
- track:** a marked oval path, where various running, hurdling, and relay events take place



### Healthy Participation



In throwing activities ensure you:

- wait for instruction and check the area is clear before throwing.
- there is adequate space between throwers.

If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

### Movement Skills

- pace
- sprint
- relay changeovers
- jump for distance
- push throw
- pull throw

This unit will also help you to develop other important skills.

- Social** collaboration, negotiation, communication, supporting others
- Emotional** perseverance, confidence, concentration, determination
- Thinking** observing and providing feedback, selecting and applying, comprehension

### Rules

#### JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

#### THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Triple Jump

What you need: 2 x markers and a large space.

##### How to play:

- Use one marker as the jumping line.
- Practise the pattern: hop, step, jump. Think 'same foot, other foot, land both feet'.
- Add a run up. Begin the jump from your jumping line.
- Practise to build up speed and distance.
- Measure your jump by marking the body part that lands closest to the jumping line with your marker and using a big step to mark 1 metre.

HOP	STEP	JUMP
Take off and land on same foot, drive knees upwards and forwards.	Land on opposite foot. As far as you can to gain distance.	Land two feet. Jump forward and drive hands forward.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. @getset4education136