



Athletics

School Games Values

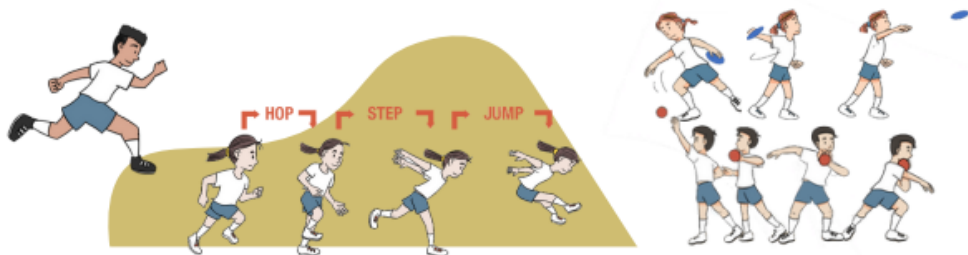


The six School Games values are: **Determination**, **Passion**, **Respect**, **Honesty**, **Self-Belief** and **Teamwork**, which were designed to reflect the 'spirit' of the School Games. We encourage all children to adopt and demonstrate the 'Spirit of the Games' in all PE lessons and sporting events we attend.

About this Unit

All events within athletics are forms of running, walking, jumping or throwing. Elite athletics competitions take place all over the world. The most famous is the Olympic Games, held every four years. Other competitions include The World Athletics Championships and The World Indoor Championships.

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



Official Athletic Events

Have you seen any of these events before?



Running

- Sprinting
100m, 200m, 400m
- Hurdles
- Relay
- Middle Distance
800m, 1500m
- Long Distance
5,000, 10,000
- Steeplechase

Jumping

- Long Jump
Jump for distance
- Triple Jump
Jump for distance
- High Jump
Jump for height
- Pole Vault
Jump for height

Throwing

- Discus
Fling throw
- Shot
Push throw
- Hammer
Fling throw
- Javelin
- Pull throw

Key Vocabulary



- discus:** a disc that is thrown in athletics
- drive:** a forceful and controlled movement to help move you forward
- event:** activities that are either running, jumping or throwing
- explosive:** produce force in a short space of time
- fling:** technique used to throw a discus
- grip:** the way an object is held
- maximum:** to work to your best
- meet:** an athletics competition
- officiate:** to be in charge of the rules
- pace:** how fast you are running
- pattern:** sequence of movements
- phase:** a section of an action
- power:** speed and strength combined
- release:** the point at which you let go of an object
- rhythm:** a strong, regular repeated pattern of movement
- stance:** the body position taken
- strategy:** a plan of action to complete a set task or challenge

Movement Skills

- pace
- sprint
- jump for distance
- push throw
- fling throw

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

- Social** negotiating, collaborating, respect
- Emotional** empathy, perseverance, determination
- Thinking** observing and providing feedback, comprehension

Ladder Knowledge



Running:

The main muscle groups used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps). You need to prepare these muscles before running.

Jumping:

A run up builds speed and power and will enable you to jump further.

Throwing:

The main muscles used in throwing include arms (triceps, biceps), shoulders (deltoid), and legs when transferring weight (hamstrings and quadriceps). You need to prepare these muscles before throwing.