

# Year 8 Athletics - How do we abide by the rules to perform successfully in Athletics?

## The Basics

Athletics is a group of sporting events that involves competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race-walking.

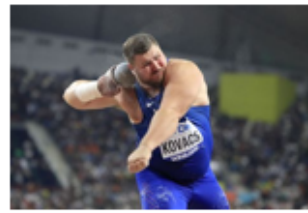
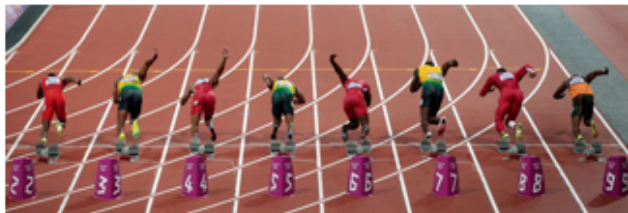
The Olympic athletics programme has played a significant role in shaping the most common events in the sport. The World Athletics Championships is the foremost World Championship event, holding the vast majority of World Championship-level events within the competition. A small number of events, such as the 60 metres, are exclusive to the World Athletics Indoor Championships.

Two further, separate World Championship events are held for their specific events: the World Athletics Half Marathon Championships and the World Athletics Cross Country Championships. Cross country is one of many events which have appeared at Olympics but no longer form part of the Olympic athletics schedule. Some events, such as the mile run, remain very popular at competitions, despite having neither Olympic nor World Championship status.

To accurately replicate running, jumping and throwing skills

### Wider experiences and opportunities:

- All students will be encouraged to watch quality performance live, on television or on the internet
- All students are invited to Athletics practice
- Students may be invited to compete in Athletics fixtures
- All students will be provided with links to Tamworth Athletics Club



Age	Excellent	Above Ave	Average	Age	Excellent	Above Ave	Average
Male 20-29	> 2800m	2400 - 2800m	2200 - 2399m	Females 20-29	> 2700m	2200 - 2700m	1800 - 2199m

Fitness Component	Training Method	Testing Method
<p><b>Cardiovascular Endurance/Aerobic Fitness</b> – The ability of the heart, lungs and blood to transport oxygen during sustained exercise. Our heart and lungs are able to cope with activity for relatively long periods of time without getting tired.</p>	<p><b>Continuous training</b> – involves working for a sustained period of time without rest. It improves cardio-vascular fitness.</p> <p><b>Interval training</b> – involves alternating between periods of hard exercise and rest. It improves speed and muscular endurance.</p>	<p><b>12 minute cooper run</b> – The total distance run or walked round a marked area in 12 minutes is recorded and compared with the published tables.</p>

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## Sprinting

Even distribution of body weight, forward lean body position, explosive push off from the blocks from the legs, swing arms in opposite direction at a 90 degree angle, drive knees upwards, sprint forwards looking in the direction of the run, do not slow down until you have passed the line.

## The Techniques



## Javelin

Hold the Javelin in the crease of your hands and wrap fingers over the top. Hold the Javelin close and above your head. Point your elbow slightly forward, while keeping your bicep parallel to the ground. Turn your palm toward the sky, creating a natural platform for the javelin to rest on.

## High Jump

Short Curved run up from either left or right. Take off from the foot furthest from the mat. Push off from the take - off foot and flex the opposite leg. Rotate the body in the air so the back is facing the pole. The uplift of the legs will enable the body to be lifted over the bar.

## Standing Long Jump

Place both feet parallel to the line and then leap forward. No steps backward or preparatory hops are allowed. To harness the power of your legs, squat deeply onto your heels while bringing your arms back.

## Shot Put

Sideways stance, hold shot at the base of the fingers (Clean palm - dirty fingers). Keep shot close to or touching the neck. Keep the elbow high and push the shot upwards into the chin. Back knee bent with chin, knee and toe all in line and look at the time with the free hand. Rotate the upper body and push shot upwards. The chest and head should finish high.

### Technique Card: Javelin Standing Throw

The javelin standing throw aims to create a block with the front foot and to create maximum range of movement in order to deliver the javelin at high speed through an angle of 40 degrees.



## Standing Triple Jump

The first phase is a hop from a stand still, which requires the athlete to take-off from a two-footed stand, split in mid air, and land on the preferred foot. The next phase is a long stretched step, landing on the opposite foot. The last phase is the jump, where the athlete lands on both feet