

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



## The Basics

To accurately replicate running, jumping and throwing skills

### Athletics scoring, rules and officials

#### Scoring

Success in athletics is not judged on points or goals, but rather on times and distance.

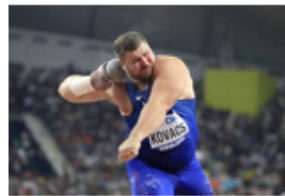
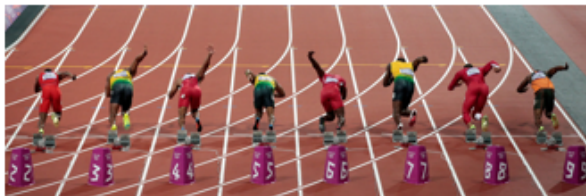
**Track events** – these races are started with an electronic pistol which is only sounded again on a false start. In races that are very close, officials use a digital line-scan camera across the finish line to give them a photo finish picture. The clock stops when an athlete has passed through the finish line.

**Jumping events** – these events are measured from the front edge of the take-off board to the first mark made in the sand by the athlete. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three jumps.

**Throwing events** – these events are measured from the front edge of the throwing line to the first mark made in the ground by the implement. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three attempts.

#### 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

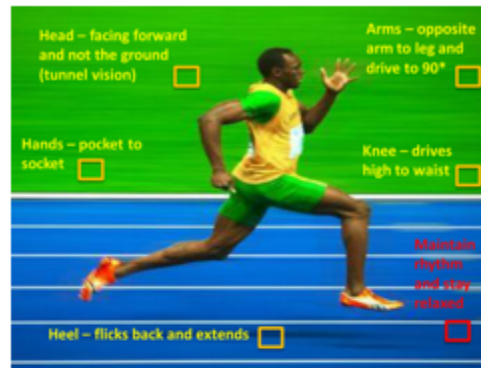
Fitness Component	Training Method	Testing Method
<p><b>Cardiovascular Endurance/Aerobic Fitness</b> – The ability of the heart, lungs and blood to transport oxygen during sustained exercise. Our heart and lungs are able to cope with activity for relatively long periods of time without getting tired.</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 walk 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