

# Year 7 Athletics - How do we embed skills 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>

