

## Key Knowledge

### Track: Running Events

50m sprint: Running as fast as you can from the start until the finish

400m: Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can. How quickly can you complete the races?



### Running Technique

Having a good technique will help improve times. When sprinting making sure that you run in a straight line, keep looking forward and not at others, run through the line finishing!



Maybe you could be the next Usain!

In a longer distance you don't have to stay in a specific lane so run on the inside lane as it's shorter with the turns!

### Field: Jumping and Throwing

Howler Throw: Overarm throw trying to launch the howler as far as possible. A straight or bent arm technique can be used.



Standing Long Jump: Two footed single jump, how many jumps can you do? How far can you jump?



## Athletics

Elite competitions take place all over the world. The most famous is the Olympic Games, held every four years



Events: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m, 110m hurdles, 400m hurdles, 4x100m relay, high jump, long jump, triple jump, javelin, discus, decathlon.

## Famous Faces

### Usain Bolt

Usain Bolt won 19 Olympic and World Championship gold medals in the 21 events he entered, a staggering tally that makes him the greatest sprinter of all time.



### Steve Backley

He is a was a very famous Javelin thrower for the 90s. He formerly held the world record, and his 91.46 m throw from 1992 is the British record.



## Key Vocabulary

<b>Acceleration</b>	To go from still to moving at speed as fast as possible
<b>Endurance</b>	Being able to repeat a specific movement— running a long distance
<b>Field</b>	Events that a based around jumping and throwing
<b>Finishing line</b>	The point at which the timer stops—You DO NOT STOP HERE!
<b>Hurdles</b>	An obstacle that a runner may have to jump over during a race
<b>Lanes</b>	The running area that you are allowed in
<b>Momentum</b>	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
<b>Power</b>	Force generated by your body to help move it.
<b>Reaction Time</b>	How quickly you react to a stimulus
<b>Relay</b>	Working as a team to complete a race with a baton
<b>Speed</b>	To move quickly
<b>Track</b>	Events that involve running, usually on the running track