

## Competition Focus

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.

## Athletics

This unit will provide you with the opportunity to develop your existing running, jumping and throwing skills.



## Key Vocabulary

<b>Acceleration</b>	To go from still to moving at speed as fast as possible
<b>Analysis</b>	Be able to look at performance and suggest improvements.
<b>Endurance</b>	Being able to repeat a specific movement- running a long distance
<b>Explosive Power</b>	Force generated by your body to make your body jump.
<b>Field</b>	Events that are based around jumping or throwing
<b>Finish Line</b>	The point at which the timer stops and the races ends
<b>Hurdles</b>	An obstacle that a runner has to jump over
<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

## Key Knowledge

### Track Running Events

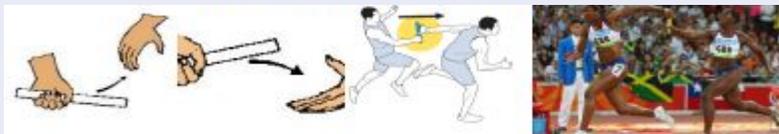
Track: Running Events 75m sprint: Running as fast as you can from the start until the finish 600m: Endurance race meaning you can't sprint the entire race. You need to pace your race so that you don't get too tired too quickly but have still run as fast as you can.

How quickly can you complete the races?



### Relay

Changeover Passing the baton to the next runner is a vital aspect of a relay race. The next runner needs to be moving when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.



### Field: Jumping

Long Jump: Using a run up for momentum, taking off on one foot and landing on two. This is usually done into a sand pit.

Triple Jump: attempt to jump as far as possible by performing a hop, a step, and a jump from a running start.

How far can you jump?

