



Overview



- Athletics is the name for a number of different sports that require strength, endurance and skill. Athletics includes track and field events.
- Track events involve running and sprinting. Examples are the 100 metre sprint and hurdles. Field events often use skills like jumping and throwing. Examples include the shotput throw and the long jump.
- Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others.

Rules

- Exercise in safe spaces. Be mindful of others.
- Keep your head up and know what is around you.
- Warm up properly including stretching your muscles.
- Bend your knees when you land jumps.
- When using obstacles, make sure that they are a safe height and are not fixed in the ground.
- Make sure that equipment is in working order.
- Make sure that equipment is put away properly.
- Warm down after exercising.
- Remove jewellery and wear suitable clothing/ equipment.

Further Support

- English Schools Athletics Support - <https://esaa.org.uk>
- England Athletics - <https://www.Englandathletics.org>
- World Athletics - <https://worldathletics.org>
- Sports Hall athletics <https://www.sportshall.org>

Skills

Skill	Definition	How do I do this?
Sprinting	To run a short distance at top speed.	<ul style="list-style-type: none"> • Keep looking straight ahead, and take big strides. • Run on the balls of your feet and lift your knees high and fast. Use your arms for balance (alternate to legs) moving from pockets to mouth.
Hurdling	To leap over obstacles whilst running.	<ul style="list-style-type: none"> • Look straight ahead when running and hurdling so that you don't over-rotate. Bend your knees on take-off and landing. Count the number of strides • between each obstacle and try to keep this even. • Keep a rhythm between the obstacles.
Jumping	To leap over obstacles whilst running.	<ul style="list-style-type: none"> • Bend your knees on take-off and landing. • For distance, swing your arms up for momentum. • Where appropriate, take off from two feet.
Throwing	To launch something with force from the hand.	<ul style="list-style-type: none"> • Begin with a high elbow in line with shoulder and back of head. Point your non-throwing arm in direction of target. Foot of non-throwing side forward. Push throwing arm forward and release.
Using multiple skills	To use the above skills together.	<ul style="list-style-type: none"> • Many events involve running and jumping or running and throwing. Make sure that you are still keeping the correct technique, for skill & strength.

Vocabulary

- Athletics
- Strength
- Speed
- Endurance
- Running
- Jumping
- Throwing
- Sprinting
- Obstacle
- Equipment
- Persevere
- Hurdling
- Distance

Did you know?

Athletics is one of the oldest sports in the world. The origins of athletics can be traced back to ancient civilizations such as Greece, Egypt, and China, where running, jumping, and throwing competitions were held