



Key Vocabulary

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

Competition Focus

Elite competitions take place all over the world on indoor tracks which are a 200m oval with a 60m sprint track in the middle.



Events:
60m, 60m hurdles, 400m, 800m, 1500m, 3000m. High jump, long jump, triple jump, pole vault, shot put and Heptathlon (men) / pentathlon (women)

British Indoor
European Indoors
World Indoors

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.

London 2012
Summer 2012 was an Olympic summer for England as London hosted the competition. Loads of fun activities took place for all ages around the country!



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 and dip forward just as your 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 forward.** How far can you jump?



Jumping



Long jump and 5 strides—**how far** can you go in



Long jump—1 jump

5 strides—5 steps

Vertical jump—**how high can jump?**



Speed Bounce—**in 20 seconds how many 2 footed side to side jumps can you do?**



Throwing

Chest push—using a basketball—**try to send it as far as possible.**



Overarm Throw—shuttlecock / foam javelin used.

How far can you throw it?



Running

Running starts in the middle of the hall goes to one end then the other and back to the middle (1 lap) - sometimes obstacles are on the track too. Individual or as a team

