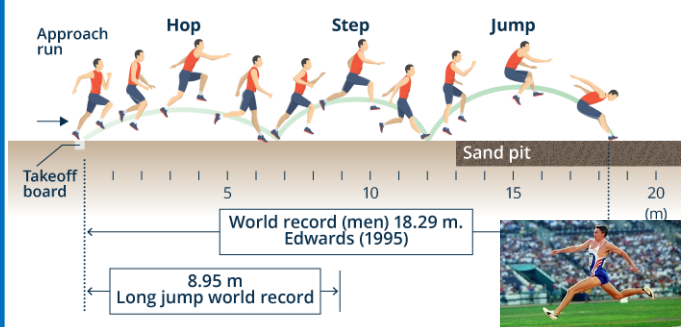


Skill Acquisition: Long Jump

The long jump can be broken down into three (or four) phases; the approach, take off, (flight) and landing.

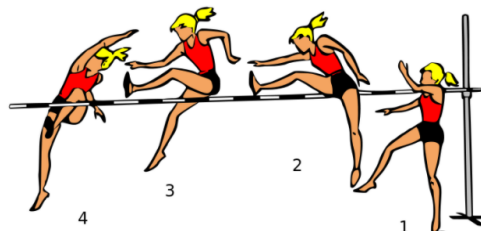


The triple jump comprises of 4 phases: approach phase, hop phase, step phase and the jump phase.

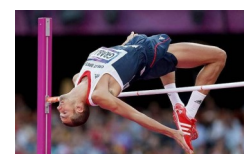


Skill Acquisition: High Jump

For high jump, we use the scissor kick. Despite many athletes opting to start with the flop technique, learning the scissor kick technique can help the athlete jump higher as they develop their high jumping skill. It is also a great skill to use for improving the core strength and knee drive that's needed to gain more height when doing the high jump.



The *Fosbury Flop* was popularized and perfected by American athlete Dick Fosbury, whose gold medal in the 1968 Summer Olympics in Mexico City brought it to the world's attention.

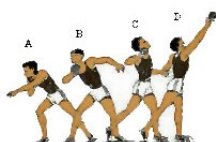


Skill Acquisition: Throwing



Javelin: Technique sequence comprises of 4 **phases**: An approach, a 5-step rhythm, **throw** and recovery.

Shot put: Chin, knee, toe should all be in line with your weight over the back foot. Push the ball through, transferring your body weight.



Discus: To achieve maximum distance in the discus, the athlete will have to balance three components - speed, technique and strength.



Healthy Active Lifestyle



Inspirational people

The Olympics takes place every four years. This is the chance to watch your favourite athletes compete from around the world.



The Commonwealth Games also takes part every four years. This is the chance to watch your favourite athletes from the Commonwealth (countries linked to the British Empire).

<https://www.britishathletics.org.uk/>



Careers

Job roles:

Coach: Help athletes to work towards achieving their full potential.

Officiate: Assist events by applying the rules.

Year 5

Long jump
High jump
Rounders ball throw
Vortex throw

Year 6

Long jump
High jump
Cricket ball throw
Foam javelin throw

Year 7

Long and triple jump
High jump
Shot put
Javelin
Discus

Skill Acquisition

Sprint: Running as fast as you can from the start until the finish. Arms and legs drive the speed and power.

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 to still run as fast as you can. Arms and legs are more relaxed.

How quickly can you complete the races?



Teamwork and Leadership



Relay running is a type of running race in which athletes compete as a team, rather than as individuals. The first runner of each team starts the race with a baton. After the first

runner completes their part of the run, the baton has to be passed on to the next runner in the team. This continues until the final runner finishes the race with the baton in hand.

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 to get to their top speed quicker and to finish the race in a faster time.



Cooperation

Performance Analysis

Rules of Athletics

Track

- You must be behind the line before you start a race.
- You must wait for the gun to sound before starting. If you start before the gun, it is a false start and the race will start again.
- You must stay in your own lane. If you cross into someone's lane, you will be disqualified from the race.

Field (throwing)

- When throwing you must stay behind the throwing line.
- If the object you are throwing goes out of the throwing area it is a 'no throw'.

Field (Jumping)

- When jumping you must take off from the board or behind it.
- You must jump into the designated area.
- When measuring a jump you measure from the point closest to the take off board.



Feedback

Healthy Active Lifestyle

Components of Fitness

Speed - Being able to sprint in a race over a short distance or at the end of a middle/long distance race.

Power - Being able to jump further/higher, throw further and run faster.

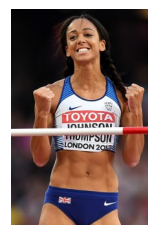
Muscular Strength - Being able to generate power to be effective within the competition.

Aerobic Endurance - Your cardio-respiratory system working effectively over a long period of time. (middle/long distance running)

Muscular Endurance - Your muscles contracting over a sustain period of time. (middle/long distance running)



Exercise



Year 5

80m
200m
800m
Relay

Year 6

100m
200m
800m
1500,
Relay

Year 7

100m
200m
400m
800m
1500m
Relay