

What is athletics?

Athletics is the name for a group of different sporting activities which are competed in on either a track or a field. It includes activities such as running races, jumping or throwing events.

What we will learn

- We can run faster by looking forward, taking short, quick steps, pumping our arms and leaning forward slightly.
- Balance is important for lots of athletics events. We need to be able to balance in order to compete in activities such as the sack race and the egg and spoon race.
- Jumping with accuracy is important in athletics. We will practise jumping further with a two foot jump.
- We will learn to aim at a particular point, and the correct technique for throwing the javelin.

Key Vocabulary

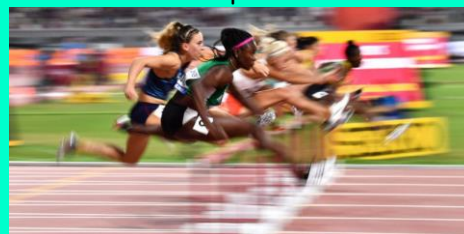
Balance - staying upright and steady (not falling over).
Speed - the rate at which something moves (if something is moving at speed, it is moving quickly).
Warm Up - to prepare for physical activity by exercising or practising gently beforehand.
Distance - the length of space between two points (how far apart two things are is the distance between them).
Throw - to make something move forward with force through the air by a movement of the arm and hand.
Accurate - to successfully reach or hit an intended target (to make something go where you wanted it to go).



Javelin

Athletics and the Olympics

Athletics is a major part of the Olympic games (the next games are in 2024 in Paris). Different events include the triple jump, long jump, 100m race, 400m race, the shot put and the pole vault.



Egg and spoon race



Javelin

A javelin in sport is a light spear which is thrown through the air. The winner is the person who throws it the furthest.



Sack race

Relay

A relay race involves a team of 4 people who have to run around a track one at a time, passing a metal baton between the runners.

Relay race

