

Year 7 Physical Education Knowledge Booklet

Athletics

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

School rugby top/tracksuit top and tracksuit bottoms dependent on weather.

Assessment Criteria

0	No performances at pass level	
1	One performance at pass level	
2	Two performances at pass level	
3	One performance at bronze level	
4	Two performances at bronze level from different activity areas (i.e. jumps, throws and track)	
5	One performance at silver and one performance at bronze from different activity areas.	
6	Two performances at silver from different activity areas.	
P1	Personal	Engage in tasks and activities in PE.
P2	Personal	Show how confidence in some activities and I have begun to challenge myself.

Big Questions

1. How can I make my sprinting technique more efficient?
2. How should I pace myself for an 800m race?
3. How can we pass the baton to improve our changeovers?
4. How do I clear hurdles successfully?
5. What are the similarities and differences between the sling and pull actions?
6. What is a push and how do we perform a shot put throw?
7. How do I hold the discus and what is the basic throwing action?
8. How do we use our legs to get more force when throwing?
9. How do we use the scissor kick to jump the bar?
10. How do we generate lift and take off force using legs and arms when jumping?
11. How do we increase long jump distance using a run up?
12. How do we perform a standing triple jump and how is it measured?

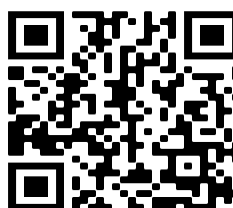
Web Links:

Best athletics ever!

https://www.youtube.com/watch?v=x_nGN8f1Ktw

Starting in Throwing events:

<https://www.youtube.com/watch?v=HFei17H7sAc>



Sprints			
	100 Metres	200 Metres	400 metres
Gold	13.4 seconds	28.8 seconds	67.0 seconds
Silver	15.0 seconds	32.6 seconds	79.0 seconds
Bronze	17.5seconds	38.3 seconds	93.0 seconds
Pass	20 seconds	43 seconds	110.0 seconds

Sprints		
	100 Metres	200 Metres
Gold	14.7 seconds	31.4 seconds
Silver	16.5 seconds	35.5 seconds
Bronze	18.5 seconds	40.0 seconds
Pass	20 seconds	45 seconds

Distance		
	800 Metres	1500 Metres
Gold	2 minutes 40 seconds	5 minutes 25 seconds
Silver	3 minutes 10 seconds	6 minutes 20 seconds
Bronze	3 minutes 45 seconds	7 minutes 10 seconds
Pass	4 minutes 30 seconds	8 minutes

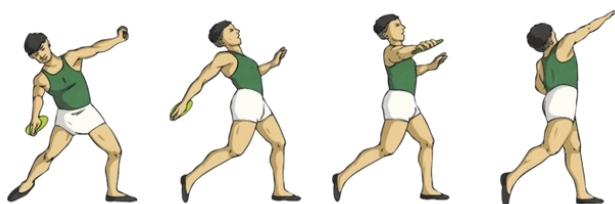
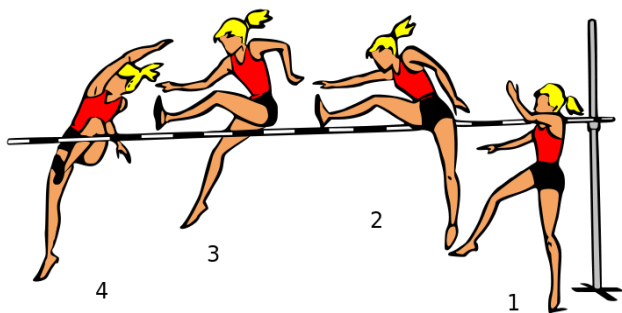
Throws			
	Shot	Discus	Javelin
Gold	6.80 metres	17.00 metres	17.00 metres
Silver	5.70 metres	13.00 metres	13.00 metres
Bronze	4.30 metres	9.00 metres	9.00 metres
Pass	3.50 metres	7.00 metres	7.00 metres

Throws			
	Shot	Discus	Javelin
Gold	8.60 metres	22.00 metres	26.00 metres
Silver	6.50 metres	17.00 metres	19.00 metres
Bronze	4.80 metres	12.00 metres	12.00 metres
Pass	3.50 metres	9.00 metres	9.00 metres

Distance		
	800 Metres	1500 Metres
Gold	3 minutes	6 minutes 15 seconds
Silver	3 minutes 40 seconds	7 minutes 30 seconds
Bronze	4 minutes 20 seconds	9 minutes
Pass	5 minutes	10 minutes 30 seconds

Jumps			
	High Jump	Triple Jump	Long Jump
Gold	1.40 metres	9.70 metres	4.40 metres
Silver	1.22 metres	8.10 metres	3.80 metres
Bronze	1.00 metres	6.50 metres	2.90 metres
Pass	0.8 metres	5.00 metres	2.00 metres

Jumps			
	High Jump	Triple Jump	Long Jump
Gold	1.25 metres	5.10 metres	4.00 metres
Silver	1.10 metres	4.50 metres	3.30 metres
Bronze	0.90 metres	3.80metres	2.50 metres
Pass	0.70 metres	3.00 metres	2.00 metres



800m	Boys	Splits in seconds				Girls	Splits in seconds		
		100m	200m	400m	100m		200m	400m	
Gold	160	20	40	80	180	23	45	90	
Silver	190	24	48	95	220	28	55	110	
Bronze	225	28	56	113	260	33	65	130	
Pass	270	34	68	135	300	38	75	150	



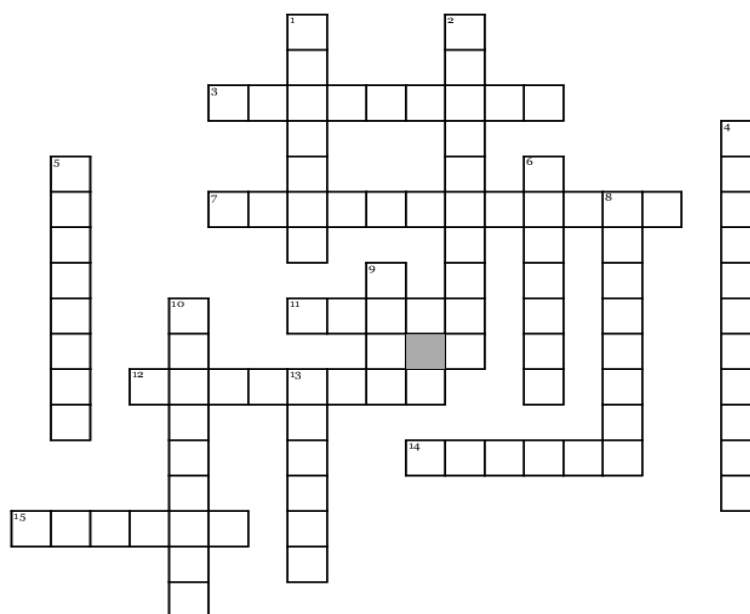
Shot Put Key Points:

1. Side on position with shot starting at the neck.
2. The shot can only move forwards from this point!
3. Grip using fingers.
4. High elbow.
5. Toe-knee-chin position.
6. Angle of feet and using rotation of the trunk.

Your Personal Best!

Event	Time/Distance	Bronze/Silver/Gold/Comments
100m		
200m		
400m		
800m		
1500m		
High Jump		
Long Jump		
Triple Jump		
Shot		
Discus		
Javelin		

Take pride in your performance. Use the space below to describe an achievement that you have made in your athletics lessons.



Across

3. Short runs
7. A hurdle but bigger and with a foot stepping in water underneath the big hurdle
11. A long heart aching jog?
12. a long sand pit with a line to jump on or behind
14. Team work on the running track
15. What sport has a heavy bulky plate a big net around it with an opening?

Down

1. a metal bar to jump over when doing sprints
2. Like long jump just with a hop, skip and a jump
4. A hammer shaped discus
5. A big mat with a bar hanging vertically across to jump over
6. What sport has dirty neck and a heavy metal ball?
8. Where do you run your fastest on a track with 100m?
9. Shorter than a 1500m race but still very long?
10. like high jump just with a big pole to pull yourself up
13. A long sharp heavy stick that lands nose first in the ground?