

Year 8 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

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	
7	One performance at gold or two performances at silver and one performance at bronze	
P3	Personal	Push myself to perform at my best and I am able to reflect on my performance.
H3	Health	Describe the immediate effects of exercise on the body.

Big Questions

1. How do I make an effective start to the 100m sprint?
2. How should I pace myself for a 1500m race?
3. How does the bend in 200m affect my sprint technique and tactics?
4. How do I clear the hurdle without decelerating too much?
5. What is the best grip and action for a standing throw in javelin?
6. How can we improve distance by effective preparation and release?
7. How do I hold the discus and what is the basic throwing action?
8. How can we use the glide to increase momentum?
9. How do we progress from a scissor kick to the Fosbury flop?
10. Why is the Fosbury Flop most effective and what are the key techniques involved?
11. What do we need to do in the take-off and landing phase to jump our best distance?
12. How do we perform a legal jump and how is triple jump measured?

Web Links:

Best Athletics Moments:

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

Guide to different events:

<https://study.com/academy/lesson/the-learning-sequence-for-track-field-events.html>



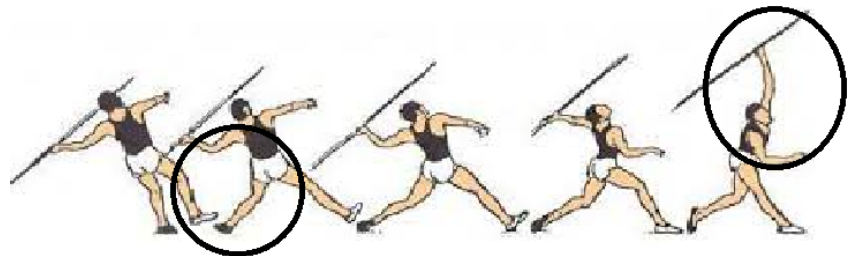
Standing start. Key points:

- Weight forward over front leg. Body at a 45 deg lean.
- When starting drive knee up and forward of your back leg at the same time as extending your front leg.
- Use a piston action.

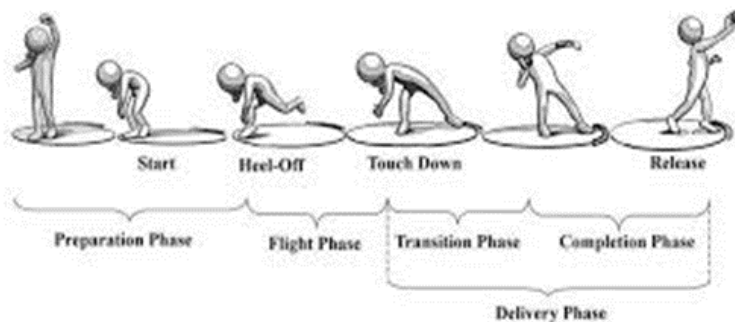
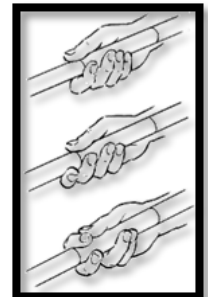


3 point start. Key Points

- Touch the floor with the hand opposite your front leg. This exaggerates the flex in your legs ready to spring out!
- It also moves your centre of mass forward, meaning that the force you produces pushes you forward.



1500m	Splits in seconds					Splits in seconds		
	Boys	100m	400m	800m	Girls	100m	400m	800m
Gold	325	22	87	173	375	25	100	200
Silver	380	25	101	203	450	30	120	240
Bronze	430	29	115	229	540	36	144	288
Pass	480	32	128	256	630	42	168	336



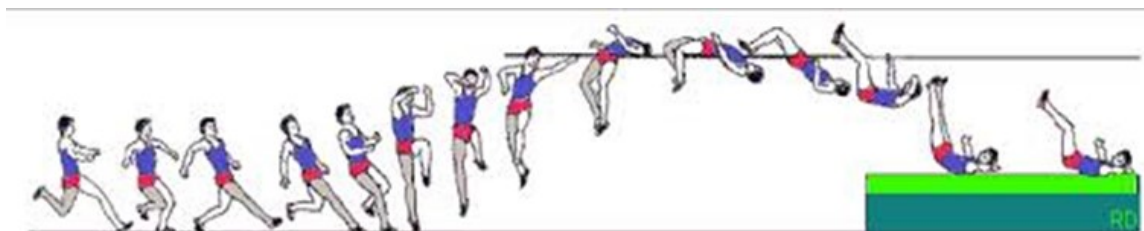
Preparation:

Load over the back foot. (Right foot)

Flight:

Kick back with front foot towards the toe board/throw line (left foot)

Push off with right to shift across the circle.



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

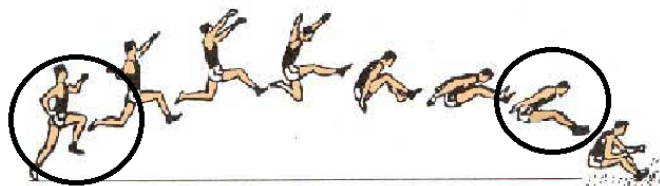
Distance		
	800 Metres	1500 Metres
Gold	3 minutes	6 minutes 15 seconds
Silver	3 minutes 40 seconds	7 minutes 30 seconds
Bronze	4 minutes 20 seconds	9 minutes
Pass	5 minutes	10 minutes 30 seconds

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

Your Personal Best!

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



Describe what the athlete is doing in the two stages marked with a circle.

