

Year 9 Physical Education Knowledge Booklet

Athletics

Name:

Class:



What PE kit do I need?

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

School tracksuit top/rugby top for cool weather.

Assessment Criteria

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.	
7	One performance at gold and one performance at silver from different activity areas.	
8	Two performances at gold and one performance at silver (at least one from track and field).	
P5	Personal	Identify my own strengths and weaknesses and can set myself appropriate targets.
T5	Thinking	Analyse technique and suggest strengths and areas for improvement.

Big Questions

1. How do I refine my technique for endurance running?
2. How do I pace myself so that I am still able to accelerate when I need to?
3. How can we pass the baton to improve our changeovers?
4. How can we maintain maximum speed during the baton change over?
5. How do I refine my technique to gain maximum distance?
6. How can we use rotation and transfer of weight to throw further?
7. Why does the glide improve our distance and how do we execute it?
8. How do we get the most benefit from the run up?
9. How can we refine our Fosbury Flop technique?
10. What is the pattern and rhythm required for an effective triple jump?
11. How do I make the most of my approach and time my take off?

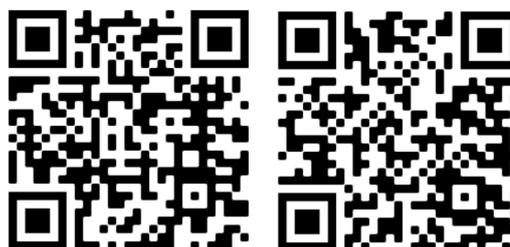
Web Links:

Discus Technique

<https://www.youtube.com/watch?v=y9cb6pTFidY>

Amazing discus throws

<https://www.youtube.com/watch?v=SG8OaDL42wY>



800m	Boys	Girls
Gold	2 minutes 40 seconds	3 minutes
Silver	3 minutes 10 seconds	3 minutes 40 seconds
Bronze	3 minutes 45 seconds	4 minutes 20 seconds
Pass	4 minutes 30 seconds	5 minutes
1500m	Boys	Girls
Gold	5 minutes 25 seconds	6 minutes 15 seconds
Silver	6 minutes 20 seconds	7 minutes 30 seconds
Bronze	7 minutes 10 seconds	9 minutes
Pass	8 minutes	10 minutes 30 seconds

Endurance targets and splits

How fast can you run the 100m?

Is it realistic to run at this speed for an entire 800m/1500m?

What speed do you think you could maintain?

Using the grids highlight your target time for each of the 800m and 1500m and the splits you would need to run to achieve this.



800m	Splits in seconds				Splits in seconds			
	Boys	100m	200m	400m	Girls	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

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



The push pass

The outgoing runner looks forward and responds immediately to the command of the incoming runner. They present the incoming runner with a high, flat and steady hand with the thumb pointing at the ground.

- The incoming runner looks for the outstretched hand and pushes the baton firmly forward into the hand
- The baton should be passed over the maximum distance possible

- Drive the right hip up and forward over a straightening left leg
- Keep shoulders back until hips have driven forwards
- Body weight transfers from the right leg to the left leg



- Keep left arm high
- Drive hips forwards and upwards before release

Preparation:

Load over the back foot. (Right foot) Start facing away from the throw.

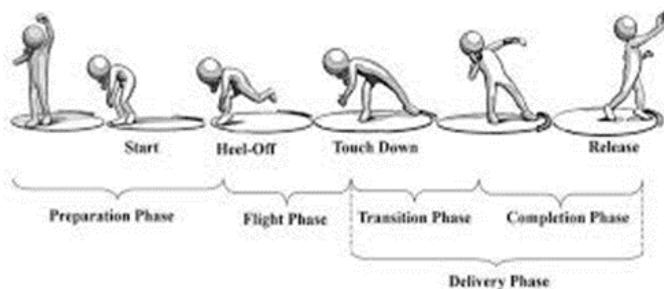
Keep shoulders and hips square but away from the target.

Draw left leg in to a crouch position.

Flight:

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

Push off with right to shift across the circle.



World Records

Mens

Shot Put = 23.12m

Discus = 74.08m

Womens

Shot Put = 22.63m

Discus = 74.08

Your Turn

Use the space below to record your PBs in athletics.

The Grip / Hold



- Spread fingers comfortably across the discus

- Rest the discus across finger pads

Standing Throw



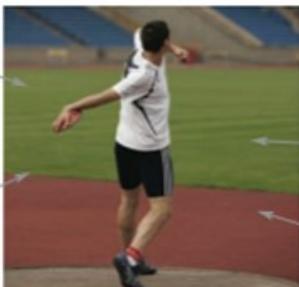
- Swing discus back behind the right hip and bend right leg

- Toe of left foot is in line with the heel of the right

- Stand side-on to direction of throw, with feet just over shoulder width apart

- Keep the weight over the rear leg as long as possible

Release



- Keep the hand on top of the discus

- Keep the arm 'long and relaxed' throughout the throw

- After hip drive, pull arm through fast and last

- Lead with the thumb

- Drive the hips forwards from the power position

Take-off



- Drive vertically at take-off

- At take-off, extend fully at hip, knee and ankle

- Stay tall and upright during and after take-off

- Drive the inside knee upwards – keep it high after take-off

Landing



- Push hips upwards to 'arch' over the bar

- Clearance should occur over the middle of the bar

- Lift the legs clear of the bar and land safely with the mid – upper back touching down first

