

Year 10 Physical Education Knowledge Booklet

Athletics

Name:

Class:



What PE kit do I need?

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

Assessment Criteria

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 silvers (at least one from track and field).	
9	Three performances at gold.	
P7	Personal	Consistently demonstrate a positive attitude to learning. I practice independently to make improvements.
P8	Personal	Accept critical feedback and demonstrate resilience in my learning.

Big Questions

1. How do I make an effective start to the 100m sprint?
2. How many strides should I take between each hurdle and can I maintain rhythm in my sprint?
3. By breaking the throw down into 3 parts how can we improve our technique?
4. How do we add an approach to our javelin throw to increase distance?
5. How can I refine my run up and jump technique to maximise distance?
6. How do I make the most of my approach and time my take off?

Web Links:

Most memorable moments in athletics:

<https://www.youtube.com/watch?v=f9NRIDbMWho>

Top 10 most impressive world records:

<https://olympic.ca/2017/08/09/10-of-athletics-most-impressive-world-records/>



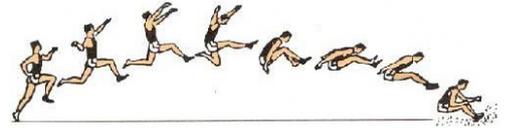
Understanding of the Long Jump

The long jump was part of the first Olympics in ancient Greece and also was featured in the first modern games in 1896. Although the long jump has changed substantially over the past few thousand years, it still is included in track and field events on the local, regional, national and international levels.

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

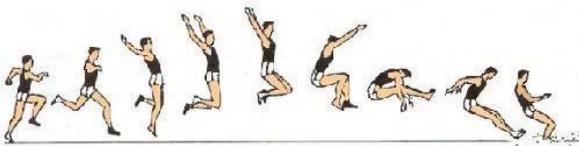
The Stride Jump

In the stride jump style the athlete maintains the take off position for as long as possible and only as the athlete comes into land does the take off leg join the free leg for a good landing position.



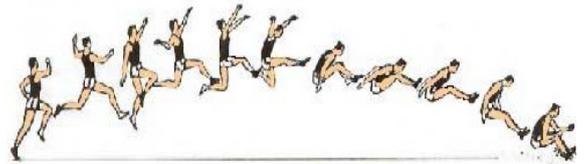
The Hang Style

On take-off the athlete drops the free leg to the vertical, which is then joined by the take off leg. The arms go overhead to slow down the rotation about the athlete's centre of gravity. The legs are then lifted upwards and forwards whilst lower the trunk. The arms swing past the legs during the landing phase to ensure a good leg shoot.



The Hitch-Kick

Following take off the free leg is straightened and swung back and down as the take off leg folds up beneath the hips and comes forward bent. The take off leg then continues forward, straightening for landing. The free leg completes its backward swing behind the hip and then folds up and moves forwards bent, to join the take off leg ready for landing.



World Records

Men – Mike Powell (USA) (1991) – 8.95m

Women – Galina Chistyakova
(Soviet Union) (1988) – 7.52m

The long jump is a power event comprising of the following phases:

Approach run up

Take off

Check your understanding

Which three components make for a good long jump?

Who holds the women's world record in the long jump and what is the distance?

Choosing one technique, describe how an athlete would use it to get as far as possible

Name 2 of the four phases of the long jump and describe why they are important

When did the long jump first come in to the Olympic Games?

What other athletic events might you be good at if you are good at the long jump?

When is a foul jump given?

Understanding of the Triple Jump

The triple jump has been a part of the modern Olympics - for men, at least - since the first modern Games in 1896, when the event consisted of two hops with the same foot, followed by a jump. It was soon changed to the modern "hop, step and jump" pattern. Americans and Europeans dominated the early contests, but Japanese jumpers won three consecutive gold medals from 1928-36. Chuhei Nambu was the 1932 champion with a leap measuring 15.72 meters.

The runway is at least 40 meters long. Competitors may place as many as two markers on the runway.

Jumpers take off in the "hop" phase and land on the take-off leg. They take one step onto the other foot (step phase), then jump. Otherwise, triple jump rules are identical to those of the long jump.



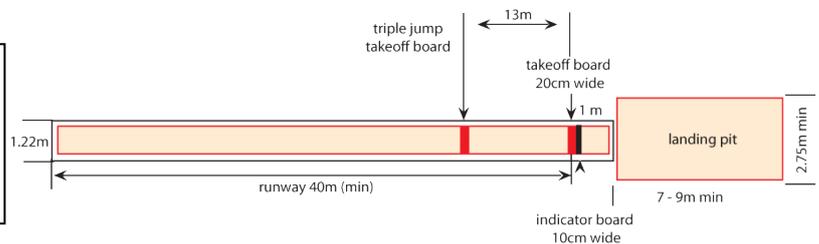
Step 1: The Hop

With your posture nearly vertical, run as quickly as you can. Plant whichever foot you'd like to take off from at the take-off board. Push off the way you would if you were kicking on a skateboard. In the air, continue running, cycling your take-off leg back as your other leg comes forward, then bringing the take-off leg back again for the second jump.

Step 2: The Step

Land on your take-off foot and immediately push off with another pawing, skateboard kick. This time, don't cycle your non-take-off foot forward. Freeze your gait instead.

(W) 15.50m Inessa Kravets (UKR) (1995)
(M) 18.29m Jonathan Edwards (GBR) (1995)



Check your understanding

Which are the three movements in the triple jump?

Who holds the women's world record in the triple jump and what is the distance?

Choosing one phase of the triple jump technique, describe how it is carried out

How far from the long jump pit is the triple jump take-off board?

What other athletic events might you be good at if you are good at the long jump?

When is a foul jump given?

What equipment is required to carry out the triple jump?