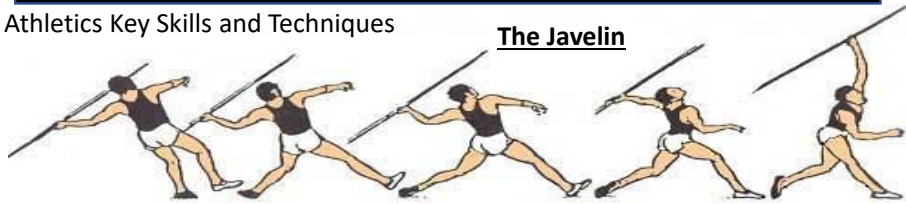


Year 7 PE: Attacking Space through Athletics

Athletics Key Skills and Techniques

The Javelin



- 1) Hold the javelin in the middle resting it on your palm and wrap your fingers around.
- 2) Hold the javelin back with an extended arm and high palm with the javelin at 45degrees.
- 3) Non throwing arm pointing at 45degrees. Weight on your back foot.
- 4) When throwing rotate the hips bringing the arm through javelin still at 45degrees.
- 5) Transfer weight to the front foot and step in when releasing the javelin.
- 6) Release the javelin at 45 degrees moving the arm at the same time as stepping in.

The Discus



- 1) Hold the Discus by spreading you fingers around the discus and rest it on your palm and inner forearm.
- 2) Stand side on with the discus coming behind you with feet shoulder width apart and weight on the back foot.
- 3) To throw keep the arm extended, leading with the thumb
- 4) Rotate the hips forwards swinging the arm releasing the Discus at 45degrees.

Sprint Start

On Your Marks

Hands shoulder width apart



Knee next to opposite foot

Set

Hips above shoulders



Shoulders over hands

Go!!!

Drive the arms fast



Drive the knees



- 1) Sprint to the take off board in the run up with the last step being on your strongest foot.
- 2) Jump off your strongest foot (one foot take off)
- 3) Bring both knees up towards the chest like a tuck jump.
- 4) Extend your legs out in front of you in the "hang phase"
- 5) Land on two feet in the pit without putting your hands behind you.

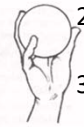
Measure the distance from the take off board to the closest mark in the sand to the take off board.

- 1) Make a T with your feet to create a space between the knee on the floor and the front foot ("On Your Marks").
- 2) Place your dominant foot at the front with your non-dominant leg's knee on the floor next to the toes on the floor.
- 3) Hands should be shoulder width apart behind the line with fingers pointing outwards.
- 4) On "Set" raise your hips with feet not moving their position, shoulders being above hands, leaning forward
- 5) On "Go" push off running as fast as you can.

Basic Athletics Rules and Regulations

- In track events if the athlete moves/leaves their starting blocks before the starters gun goes the athlete is disqualified and if a runner leaves their designated lane unless given permission to then they too will be disqualified.
- In jumping events (long jump) if the athlete takes off over the line then the jump is classed as a foul jump and does not count.
- In throwing events if the throw line is passed by the athlete then the throw is classed as a foul throw and does not count.

The Shot



- 1) Hold the shot in your fingers, clean palm dirty fingers.
- 2) Place the shot against the neck with a high elbow. Feet should be staggered
- 3) Leaning back with your back toe, knee and chin in a vertical line. Opposite arm pointing at 45degrees.
- 4) To throw push the shot at 45degrees while rotating your hips for extra power.

Long Jump



Exit Routes: Birchfield Harriers, Royal Sutton Coldfield AC, Birmingham Running and Triathlon (BRAT),

Wider reading/ videos: [AW - The best coverage of the No.1 Olympic sport \(athleticsweekly.com\)](#) [Heritage History](#) | [World Athletics](#) [British Athletics](#)



STOCKGRNPE

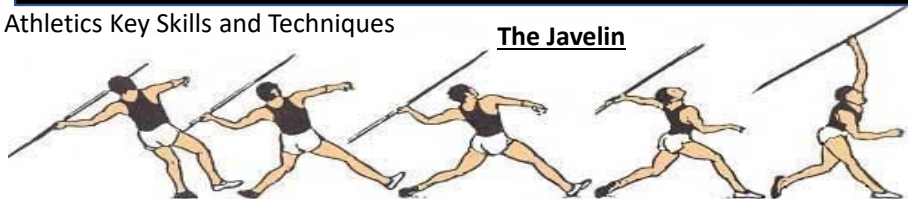
Year 7 PE: Attacking space through Athletics

Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the each of the three throwing events.	1. Describe how you should hold the shot.	1. Explain the "Set" position in a sprint start
2. What do you need to take off behind for the long jump to count.	2. When is a "foul" called in throwing events?	2. Which letter of the alphabet do you make at the start of "On your marks" in a sprint start?
3. State the three commands given at the start of a sprint race.	3. Describe how you hold the javelin.	3. Explain why you rotate the hips in all throwing events.
4. What jump should you make in the hang phase of the long jump.	4. Describe what happens if a runner leaves their lane in a running race.	4. What do you do with your feet when throwing the javelin?
5. At what degree should you release the shot and javelin?	5. How should the arm be when throwing the javelin.	5. Explain why you should have a staggered stance in the Shot.
6. What happens if the athlete moves before the gun goes off in a running race?	6. How many feet do you take off on in the long jump?	6. Explain why all throws should be released at 45degrees?
7. Identify 2 athletics clubs in the local area.	7. How many feet should you land on in the long jump.	7. Explain the 2 ways a runner can be disqualified.
8. Which leg should you take off from in the long jump?	8. Describe how you should hold the discus.	8. Before the throw where should the shot be placed?
9. Identify the three body parts that need to be in a line before throwing the Shot	9. Describe how you should stand in the discus.	9. What does the elbow need to be at the start of the Shot?
10. Which body part do you need to rotate in throwing events to generate power?	10. Describe the 2 points that are measured between to measure a long jump attempt.	10. Explain the aim of all throwing events.

Year 8 PE: Using Space Effectively through Athletics

Athletics Key Skills and Techniques

The Javelin



- 1) Hold the javelin in the middle resting it on your palm and wrap your fingers around.
- 2) Hold the javelin back with an extended arm and high palm with the javelin at 45degrees.
- 3) Non throwing arm pointing at 45degrees. Weight on your back foot.
- 4) When throwing rotate the hips bringing the arm through javelin still at 45degrees.
- 5) Transfer weight to the front foot and step in when releasing the javelin.
- 6) Release the javelin at 45 degrees moving the arm at the same time as stepping in.

The Discus



- 1) Hold the Discus by spreading you fingers around the discus and rest it on your palm and inner forearm.
- 2) Stand side on with the discus coming behind you with feet shoulder width apart and weight on the back foot.
- 3) To throw keep the arm extended, leading with the thumb
- 4) Rotate the hips forwards swinging the arm releasing the Discus at 45degrees.

Sprint Start

Set

On Your Marks

Hands shoulder width apart



Knee next to opposite foot

Hips above shoulders



Shoulders over hands

Go!!!



Drive the knees

- 1) Make a T with your feet to create a space between the knee on the floor and the front foot ("On Your Marks").
- 2) Place your dominant foot at the front with your non-dominant leg's knee on the floor next to the toes on the floor.
- 3) Hands should be shoulder width apart behind the line with fingers pointing outwards.
- 4) On "Set" raise your hips with feet not moving their position, shoulders being above hands, leaning forward
- 5) On "Go" push off running as fast as you can.

Basic Athletics Rules and Regulations

- In track events if the athlete moves/leaves their starting blocks before the starters gun goes the athlete is disqualified and if a runner leaves their designated lane unless given permission to then they too will be disqualified.
- In jumping events (long jump) if the athlete takes off over the line then the jump is classed as a foul jump and does not count.
- In throwing events if the throw line is passed by the athlete then the throw is classed as a foul throw and does not count.

The Shot



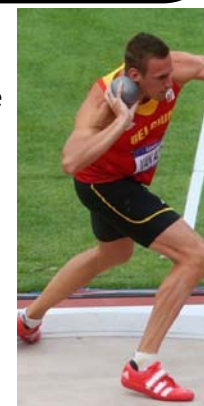
- 1) Hold the shot in your fingers, clean palm dirty fingers.
- 2) Place the shot against the neck with a high elbow. Feet should be staggered
- 3) Leaning back with your back toe, knee and chin in a vertical line. Opposite arm pointing at 45degrees.
- 4) To throw push the shot at 45degrees while rotating your hips for extra power.

Long Jump



- 1) Sprint to the take off board in the run up with the last step being on your strongest foot.
- 2) Jump off your strongest foot (one foot take off)
- 3) Bring both knees up towards the chest like a tuck jump.
- 4) Extend your legs out in front of you in the "hang phase"
- 5) Land on two feet in the pit without putting your hands behind you.

Measure the distance from the take off board to the closest mark in the sand to the take off board.



Exit Routes: Birchfield Harriers, Royal Sutton Coldfield AC, Birmingham Running and Triathlon (BRAT),

Wider reading/ videos: [AW - The best coverage of the No.1 Olympic sport \(athleticsweekly.com\)](#) [Heritage History](#) | [World Athletics](#) [British Athletics](#)



Year 8 PE: Using Space Effectively through Badminton

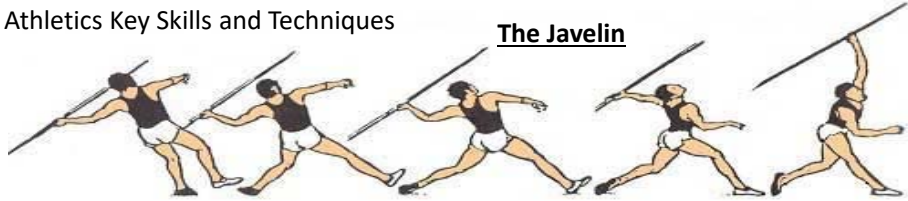
Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the each of the three throwing events.	1. Describe how you should hold the shot.	1. Explain the "Set" position in a sprint start
2. What do you need to take off behind for the long jump to count.	2. When is a "foul" called in throwing events?	2. Which letter of the alphabet do you make at the start of "On your marks" in a sprint start?
3. State the three commands given at the start of a sprint race.	3. Describe how you hold the javelin.	3. Explain why you rotate the hips in all throwing events.
4. What jump should you make in the hang phase of the long jump.	4. Describe what happens if a runner leaves their lane in a running race.	4. What do you do with your feet when throwing the javelin?
5. At what degree should you release the shot and javelin?	5. How should the arm be when throwing the javelin.	5. Explain why you should have a staggered stance in the Shot.
6. What happens if the athlete moves before the gun goes off in a running race?	6. How many feet do you take off on in the long jump?	6. Explain why all throws should be released at 45degrees?
7. Identify 2 athletics clubs in the local area.	7. How many feet should you land on in the long jump.	7. Explain the 2 ways a runner can be disqualified.
8. Which leg should you take off from in the long jump?	8. Describe how you should hold the discus.	8. Before the throw where should the shot be placed?
9. Identify the three body parts that need to be in a line before throwing the Shot	9. Describe how you should stand in the discus.	9. What does the elbow need to be at the start of the Shot?
10. Which body part do you need to rotate in throwing events to generate power?	10. Describe the 2 points that are measured between to measure a long jump attempt.	10. Explain the aim of all throwing events.

Year 9 PE: Linking skills together to effectively outwit an opponent through Athletics

Basic Athletics Rules and Regulations

Athletics Key Skills and Techniques

The Javelin



- 1) Hold the javelin in the middle resting it on your palm and wrap your fingers around.
- 2) Hold the javelin back with an extended arm and high palm with the javelin at 45degrees. Non throwing arm pointing at 45degrees. Weight on your back foot.
- 3) In the run up phase keep the torso as still as possible while running side on.
- 4) Prior to throwing side step rotate the hips bringing the arm through javelin still at 45degrees.
- 5) Transfer weight to the front foot and step in when releasing the javelin.
- 6) Release the javelin at 45 degrees moving the arm at the same time as stepping in.

- In track events if the athlete moves/leaves their starting blocks before the starters gun goes the athlete is disqualified and if a runner leaves their designated lane unless given permission to then they too will be disqualified.
- In jumping events (long jump) if the athlete takes off over the line then the jump is classed as a foul jump and does not count.
- In throwing events if the throw line is passed by the athlete then the throw is classed as a foul throw and does not count.

The Shot



- 1) Hold the shot in your fingers, clean palm dirty fingers.
- 2) Place the shot against the neck with a high elbow. Feet should be staggered
- 3) Leaning back with your back toe, knee and chin in a vertical line. Opposite arm pointing at 45degrees.
- 4) To throw use the glide by side stepping or the spin before pushing the shot at 45degrees while rotating your hips for extra power.



The Discus



- 1) Hold the Discus by spreading your fingers around the discus and rest it on your palm and inner forearm.
- 2) Stand side on with the discus coming behind you with feet shoulder width apart and weight on the back foot.
- 3) Spin in a circle to generate momentum or glide by side stepping to the throw line.
- 4) To throw keep the arm extended, leading with the thumb
- 5) Rotate the hips forwards swinging the arm releasing the Discus at 45degrees.

- 1) Sprint to the take off board in the run up with the last step being on your strongest foot.
- 2) Jump off your strongest foot (one foot take off)
- 3) Bring both knees up towards the chest like a tuck jump.
- 4) Extend your legs out in front of you in the "hang phase"
- 5) Land on two feet in the pit without putting your hands behind you. Measure the distance from the take off board to the closest mark in the sand to the take off board.

Long Jump

On Your Marks

Hands shoulder width apart



Knee next to opposite foot

Set

Hips above shoulders



Shoulders over hands

Go!!!

Drive the arms fast



Drive the knees

Sprint Start

- 1) Make a T with your feet to create a space between the knee on the floor and the front foot ("On Your Marks").
- 2) Place your dominant foot at the front with your non-dominant leg's knee on the floor next to the toes on the floor.
- 3) Hands should be shoulder width apart behind the line with fingers pointing outwards.
- 4) On "Set" raise your hips with feet not moving their position, shoulders being above hands, leaning forward
- 5) On "Go" push off running as fast as you can keeping the body as low as possible.

Exit Routes: Birchfield Harriers, Royal Sutton Coldfield AC, Birmingham Running and Triathlon

(BRAT),

Wider reading/ videos: [AW - The best coverage of the No.1 Olympic sport \(athleticsweekly.com\)](#) [Heritage History](#) | [World Athletics](#) [British Athletics](#)



Year 9 PE: Linking skills together to effectively outwit an opponent through Badminton

Self quiz questions	Self quiz questions	Self quiz questions
1. Identify the each of the three throwing events.	1. Describe how you should hold the shot.	1. Explain the "Set" position in a sprint start
2. What do you need to take off behind for the long jump to count.	2. When is a "foul" called in throwing events?	2. Which letter of the alphabet do you make at the start of "On your marks" in a sprint start?
3. State the three commands given at the start of a sprint race.	3. Describe how you hold the javelin.	3. Explain why you rotate the hips in all throwing events.
4. What jump should you make in the hang phase of the long jump.	4. Describe what happens if a runner leaves their lane in a running race.	4. What do you do with your feet when throwing the javelin?
5. At what degree should you release the shot and javelin?	5. How should the arm be when throwing the javelin.	5. Explain why you should have a staggered stance in the Shot.
6. What happens if the athlete moves before the gun goes off in a running race?	6. How many feet do you take off on in the long jump?	6. Explain why all throws should be released at 45degrees?
7. Identify 2 athletics clubs in the local area.	7. How many feet should you land on in the long jump.	7. Explain the 2 ways a runner can be disqualified.
8. Which leg should you take off from in the long jump?	8. Describe how you should hold the discus.	8. Before the throw where should the shot be placed?
9. Identify the three body parts that need to be in a line before throwing the Shot	9. Describe how you should stand in the discus.	9. Explain the two movements that can be used to add momentum to a throw.
10. Which body part do you need to rotate in throwing events to generate power?	10. Describe the 2 points that are measured between to measure a long jump attempt.	10. Explain the aim of all throwing events.