

Athletics

KS3 PE Task – Written

In athletics events can be split into either Track (Run) or Field events (Throw/Jump).

Examples of Track Events: 100m / 200m / 400m / 800m / 1500m

4 x 100m Relay / 4 x 400m Relay

Examples of Field Events: Long Jump / Triple Jump / High Jump

Javelin / Shot Put / Discus

- ❖ Complete research about at least 1 track and 1 field event. Research the laws, rules, techniques and tactics for your chosen events to produce a coaching aid for someone who has not performed it before.

Tips:

-State the overall aim of the event and how it is scored.

-State current records in this event. E.g. British / European / World / Olympic.

-Select/highlight the main laws/rules and the outcomes if these are broken. Use examples here to support your points.

-Use labelled diagrams to explain how the event is run.

-Explain the impact of using specific tactics. Consider here if the athlete is competing in a heat or final or has the best PB (Personal Best) in the competition or not.

-Describe/explain the technique used to perform specific skills (Coaching points).

E.g. Sprinting technique used during different phases of the race = Start/Drive/Finish etc.

Triple jump technique used during different phases of the jump = Approach/Hop/Step/Jump

Challenge:

Research athletes in your chosen event analysing what it is that makes them so successful.

Useful links:

National Governing Bodies. E.g. UK Athletics

Wikipedia

BBC Bitesize

International Governing Body. E.g. IAAF

BBC Sport

PE Staff Video Challenge: If you are off school your PE teacher will send you a video challenge to complete through MS Teams. Remember to share how you do with your teacher so praise/achievement points can be given out.