

### 1. Rules

Each individual discipline has its own specific set of rules and competitors are expected to abide by these to ensure that the competition is fair. Some athletics events you are likely to cover include the following;

- 100 metres – You must stay in your lane
- 200 metres - You must stay in your lane
- 400 metres - You must stay in your lane
- 800 metres
- 1500 metres
- 110 metres hurdles - You must stay in your lane
- 4 x 100 metres relay - You must stay in your lane
- High jump – 1 foot take off
- Long jump – 1 foot take off
- Triple jump – 1 foot take off
- Shot put – Stay with in the line, no throwing
- Discus throw – stay with in the circle
- Javelin throw – Throw behind the white line

### 5. Where we compete

Athletes compete on a standard 400m Tartan track. Athletes sometimes compete on the road or cross country.

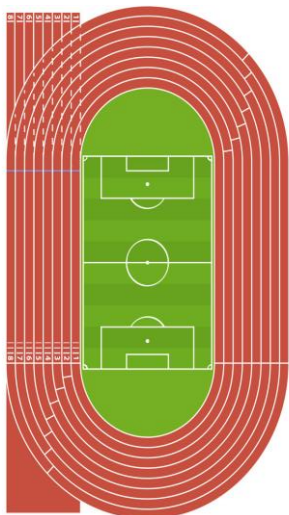
The events are broken up to categories.

Track:

Running

Field:

Jumping and throwing.



### 2. Field

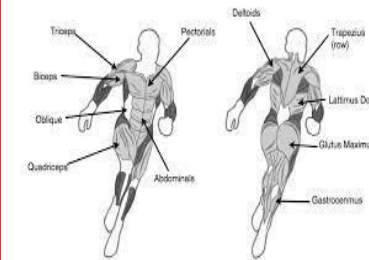
**Jumping** – Long jump, triple jump, high jump, pole vault. The aim is to jump as high or far as possible.

**Long Jump** – The toe of the jumper’s shoe, must be behind the leading edge of the take-off board. Long jumpers are measured from the forward edge of the take-off board made by any part of the body of the jumper. **Take-Off** – Sprint as fast as you can towards the marker. Keep your hips high at take-off. Fully extend hips, knee and ankle. Keep your body upright. Drive the free knee up and forwards. Drive the take-off foot down and back. **Flight** – Bring arms above head. Keep body upright. Hold the thigh **parallel** to the ground during flight. **Landing** – Arms reach for toes just before landing. Reach legs out in front at landing. Bring legs forward and together. Land with heels first, bend knees to absorb momentum. Collapse body forward or sideways.

### 3. Key muscles and bones

#### Muscles

- Quadriceps - Legs
- Gastrocnemius -Legs
- Hamstrings - Hamstring
- Biceps - Arms
- Triceps –Arms



### 4 .Track

**Sprint** – 100m, 200m and 400m. The aim is to finish in the quickest time. 100m is a straight run. 200m includes a bend and you have a staggered start. 400m is one full lap of an official sized track and you have a staggered start.

**Sprinting technique** – Keep your body straight and your head still. Keep the shoulders low and relaxed. Run tall with high hips and knees. Drive the elbows back hard. Drive the knees forward. Cycle the foot quickly under your body. Drive the foot down to the ground and pick it up fast. In the 200m and the 400m allow your body to naturally lean in to the curve.

**Drive phase** -The drive is where you are looking to cover as much ground as possible through each stride, pushing with the leg that is in contact with the ground and driving the free leg through. In this phase the head must follow the body.

**Transition phase** -This transition phase is when you smoothly and gradually come upright into your stride. This is when you start move at a slightly faster tempo and begin to reach top speed.

**Fly phase** -The fly phase is when you are fully upright and at top speed. The key to maintaining as much top end speed as possible is a relaxed upper body and a quick foot contact and tempo



### 6. Key Vocabulary

Understand these key words

Word	Definition
<b>Speed</b>	To move quickly
<b>Acceleration</b>	To go from still to moving at speed as fast as possible
<b>Hurdles</b>	An obstacle that a runner may have to jump over during a race
<b>Reaction Time</b>	How quickly you react to a stimulus
<b>Track</b>	Events that involve running, usually on the running track
<b>Field</b>	Events that a based around jumping and throwing
<b>Finishing line</b>	The point at which the timer stops—You DO NOT STOP HERE!
<b>Lanes</b>	The running area that you are allowed in
<b>Endurance</b>	Being able to repeat a specific movement– running a long distance
<b>Power</b>	Force generated by your body to help move it.
<b>Momentum</b>	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible