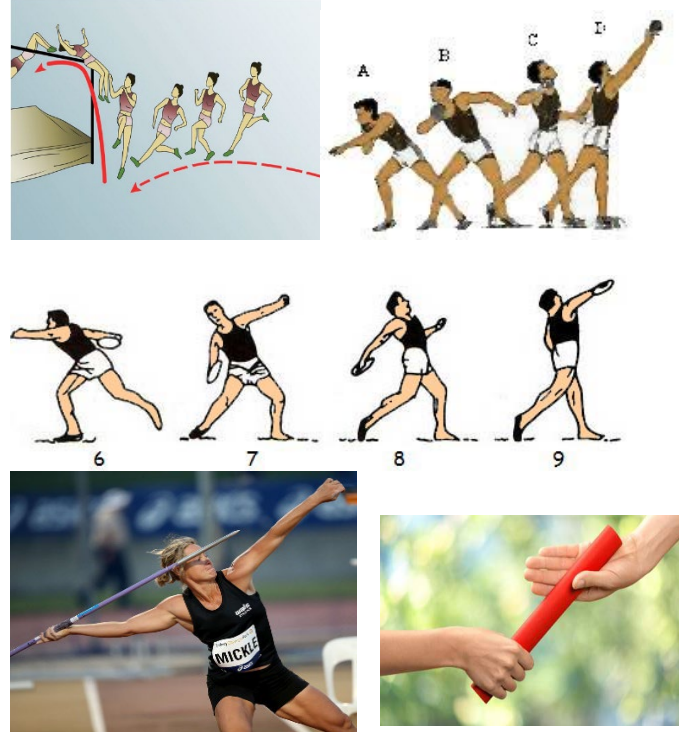




Skills and Techniques		Key Words & Terminology	
<p>High Jump Short curved run up from either left or right. Take off from the foot furthest from the mat. Push off from the take-off foot and flex opposite leg towards chest. Rotate the body in the air so the back is facing the pole. The uplift of the legs will enable the body to be lifted over the bar, flick legs up towards the sky. Land on back, legs in the air (<i>like a dead fly!</i>).</p> <p>Shot Put Hold shot at the base of fingers (clean palm, dirty fingers). Keep shot touching neck – clean palm, dirty neck. Keep elbow high and push shot upwards into chin line. Stand side on and knees bent. Weight is initially on back leg and use opposing hand to identify where you want the shot to land. Chin, Knee, Toe in a row. Chest and head should finish high. Rotate round to face throwing area, and put the shot. Do not ‘Throw’ the shot, ‘Push’ it. (<i>Dirty neck, clean palm, elbow high. Chin, knee, toe. Arm as a lever, and throw.</i>)</p> <p>Discus Stand sideways on to the throwing area. Discus sits with top part of fingers over the end, at the side of the body furthest away from the throwing area. Rotate the discus so it is facing downwards as you swing it across the body, to the shoulder where it is supported by the other hand. When ready, release the discus to the throwing area (<i>like a flying saucer</i>).</p> <p>Javelin Hold the javelin in the crease of your hand and wrap fingers over the top of the grip. Stand sideways on with back knee bent, with the javelin outstretched behind you so that the tip of the javelin is parallel with your face. Your arm must be straight and the javelin at a 45 degree angle. The other arm is outstretched toward the throwing area. When you throw the javelin bend, then straighten your arm, and you turn, and throw.</p>	<p>100m Stay in assigned lanes. Get into sprint start technique on the “on your marks”- Make an L shape behind line, then move front foot behind to make a T. Move front foot and place that knee on the floor. Make bridges with your hands, and bridge along (but behind) the line. “Get set”- Slightly straighten back leg, placing body weight over the arms. “Go”- push off the floor, with a gradual incline in the body, and sprint. This is a sprint start. Pump alternate arms from hips to ears as you run. Drive legs, pushing off the floor. Dip as you go past the finish line.</p> <p>200m Staggered start- start at the lines so that you are not next to each other to ensure that you all run exactly 200m. Lane one will be furthest back. Stay in your lane as you run. Sprint as fast as you can, and dip at the finish line. Use a sprint start.</p> <p>800m Start standing behind the curved starting line. When you start running, move into the inside lane as soon as possible. Try to run at a medium pace that you can keep going at. Sprint the last 100m.</p> <p>Relay Staggered start- start at the lines so that you are not next to each other to ensure that you all run exactly 100m, lane one will be furthest back. The relay baton needs to change between runners, within the changeover box. The runner with the baton will pass in an upwards or downwards motion to the 2nd runner, who will reach back for the baton with their palm facing down. Before they receive the baton they will begin to run.</p>	<p>Run-up Take off Inflight Fosbury Flop Landing Power Hand eye co-ordination Speed Aerobic endurance</p>	<p>Throwing line Safety line Staggered start Lanes Baton Changeover Sprint start</p>
			

Safety Aspects	Athletic Values	Key Words & Terminology
<p>Track events Athletes must wear appropriate clothing and shoes. Jewellery should be removed.</p> <p>Throwing events Throwing areas should be dry and clear of foreign objects. Check equipment is safe to be thrown. Never stand in front of the thrower- remain behind the safety line. Never throw towards anyone - therefore the thrower must look to ensure that the landing area is clear before throwing. Never run with or to collect the javelin, shot or discus. Always carry javelins vertically, pointing down in front of you. Always push the javelin into a vertical position, then pull it vertically from the ground. Keep the javelin vertical at all times when not throwing.</p> <p>High Jump Only one jumper at a time. Do not jump until told to do so- the mats must be clear of people.</p>	<p>Friendship Understanding different cultures and ethnicities, and still sharing a mutual interest.</p> <p>Equality Treating everybody the same, despite their race, gender, or religion.</p> <p>Determination The drive and motivation to overcome both physical and mental barriers in order to achieve your goals. Achieve a personal best (PB).</p> <p>Respect This considers elements of fair play, knowing one's own limits and taking care of one's health.</p> <p>Excellence Being the best that you can be and settling for nothing else.</p> <p>Courage Believing in yourself and having the strength to challenge yourself even when things are difficult and may seem impossible.</p> <p>Inspiration Motivated by the achievements and actions of others, and to be a positive example to others.</p>	 <p>brianmac.co.uk</p> <p>Staggered start</p> 
Tactics		
<p>Relay- Fastest runner to run last leg, next fastest to run first leg. Ensure the next runner begins to move before you change over the baton.</p> <p>High Jump- Speed up in the approach to gain more height in the jump.</p> <p>800m- Pick a pace that you can maintain. Run on the inside lane.</p> <p>100m, 200m- Pump the arms and drive the legs. Use a sprint start and react quickly.</p> <p>Shot, Discus, Javelin- Rotate at knees, hips, shoulders quickly to whip round. Low to high in the throw for more power. Release at 45 degree angle.</p>		