Year 5 Athletics

Sprinting technique

- Body upright
- Keep looking past finish line – don't look back
- Run on balls of your feet
- Pump arms to drive you towards
- Arms – hip to lip and close to sides

Can you be coach and used these tips to help somebody else improve their performance?

Long Jump

- Jump of lead leg [strongest leg]
- Drive knee upwards
- Use arms to project body forward
- Stretch legs as if jumping over a box
- Push forwards on landing

Keyword	Definition
Stride	The length of step.
Performance	The way in which an activity is completed.
Speed	How fast you can cover a distance in a period of time

Cricket and Rounders Ball Throwing

Body movement steps for an overarm throw

1. Body side on. Ball arm position back and higher than shoulder.
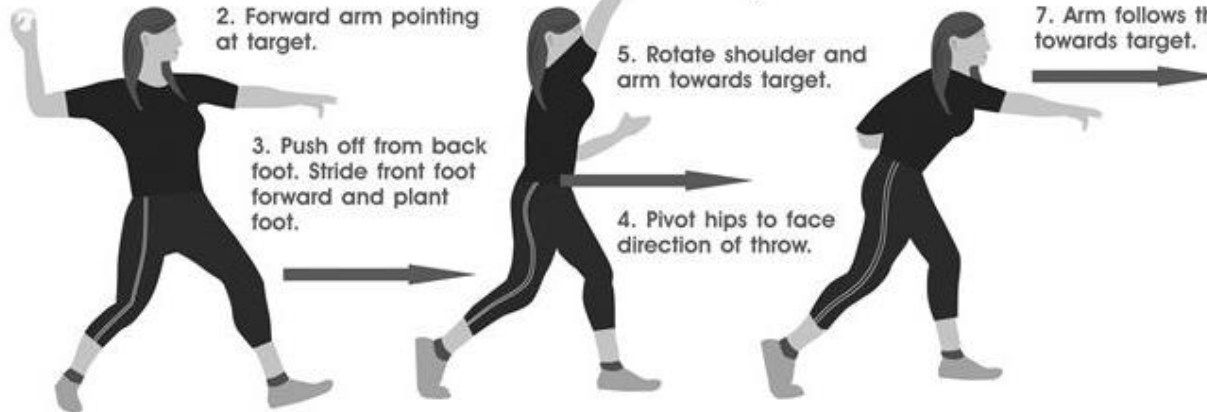2. Forward arm pointing at target.
3. Push off from back foot. Stride front foot forward and plant foot.
4. Pivot hips to face direction of throw.
5. Rotate shoulder and arm towards target.
6. Flick wrist at point of release. Just behind ear for a long distance throw.
7. Arm follows th towards target.

Preparation   **Action**   **Follow Through**

Middle distance and long distance

Middle and longer distances such as 600m and 800m usually focus on pacing.

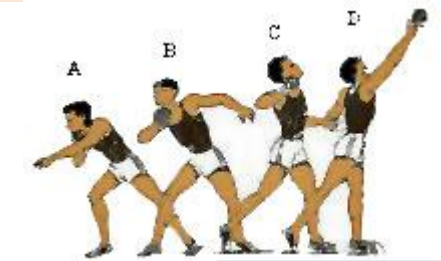Pacing is where you don't set off too fast in order to have enough energy to finish the race strongly.

Year 6 Athletics

Keyword	Definition
Stride	The length of step.
Performance	The way in which an activity is completed.
Speed	How fast you can cover a distance in a period of time
Official	Responsible for ensuring fair play according to the rules
Relay	To send something from one person to another.

Shot Put

Hold shot in fingers against your neck 'clean palm, dirty neck'
Face backwards
Align toe, knee and chin, and have a high elbow
Rotate, opening out chest, releasing at 45 degrees

Nerf Throwing (Javelin Technique)

Javelin technique
Grip the nerf in the middle
Turn sideways and extend backwards
To throw, bring arm forwards so the nerf moves in a straight line
Lean back and rotate chest
Release at 45 degree angle

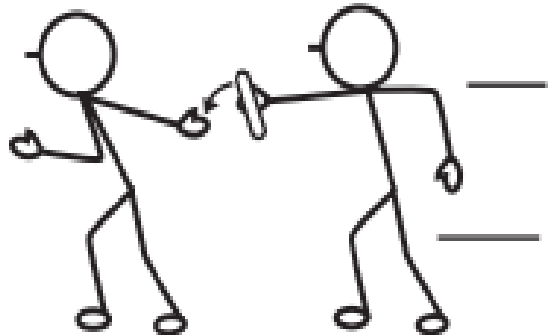Remember from year 5…
Preparation – Action – Follow through!

Middle distance and long distance

Middle and longer distances such as 600m and 800m usually focus on pacing.

Pacing is where you don't set off too fast in order to have enough energy to finish the race strongly.

Long Jump

- Mark out your run up to stop your stuttering
- Jump of lead leg [strongest leg]
- Drive knee upwards
- Use arms to project body forward
- Stretch legs as if jumping over a box
- Push forwards on landing

Can you act as an official by measuring and recording scores for your partner?

Combining springing technique with baton exchange!

- Left arm out stretched at waist height or above
- Palm facing up to sky
- Face forwards!
- Once you feel (not see) the baton, clutch and go! Change baton to other hand.

Once you've got the hang of it, can you do it with both of you on the move?

Year 7 Athletics

Keyword	Definition
Drive	The part of the race where the athlete keeps low and has short powerful strides.
Maximal	The largest amount possible.
Pace	The speed at which someone moves.
Power	The speed at which strength can be used.
Angle	The direction something is released at.
Stride	The length of step.
Relay	To send something from one person to another.
Performance	The way in which an activity is completed.

Sprint Starts

- 'On your marks' – set feet with lead leg in front
- 'Set' – move forward with weight on shoulders raising hips
- 'Go' – push out off lead leg driving legs and arms forward
- Keep head down and body at 45 degree angle

Sprint technique

- Running on toes and lifting knees high
- Use of 'drive' when getting out of the blocks
- A straight arm action
- Stand tall after 'drive' phase
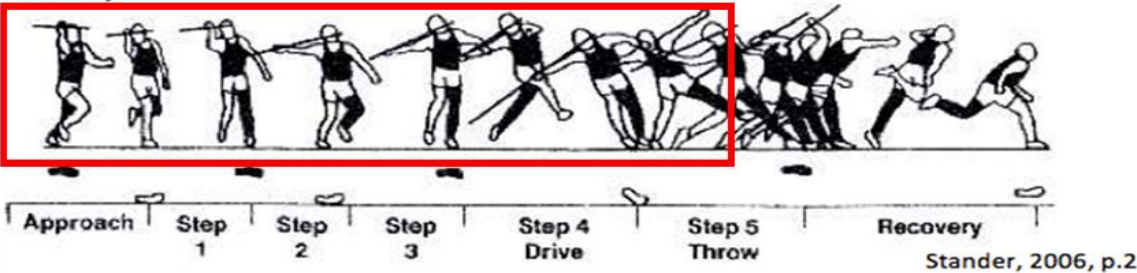
High Jump Technique

The Fosbury Flop is the most effective way to complete the high jump:
Approach on a curve
Take off outside leg, driving the other leg as high as you can
Rotate in the air to land on your back with feet facing the ceiling

Javelin Throwing

Grip the javelin in the middle
Turn sideways and extend arm backwards
The javelin tip should be next to your cheek
To throw, bring arm forwards so javelin moves in a straight line
Lean back and rotate chest
Release at 45 degree angle

Middle distance and long distance

Middle distances such as 800m and 1500mand long distance e.g. 500m and 100m usually focus on pacing

Pacing is where you don't set off too fast in order to have enough energy to finish the race strongly.

Javelin Throw with run up

- Arm parallel with ground
- Elbow at 90 degrees
- You will need around 10 strides
- Run on Balls of your feet
- Cross over
- Rotate so shoulders and hips face throw
- Throwing hand above shoulder level
- Arm strikes fast with elbow high
- Follow through after javelin is released but do not cross the throwing line.

The javelin technique sequence comprises of 4 phases: An approach, a 5-step rhythm, throw and recovery.

| Approach | Step 1 | Step 2 | Step 3 | Step 4 Drive | Step 5 Throw | Recovery |

Stander, 2006, p.2

Hurdles

- Pick knee up fast and Keep leg extended until it has cleared the hurdle
- Opposite arm to lead leg leads the body towards the hurdle
- Trailing knee should sweep wide and flat over the hurdle
- Turn the trailing foot sideways so it doesn't hit the hurdle
- Trailing knee comes around and becomes the next stride

Sprint Starts & Accurate timekeeping

- 'On your marks' – set feet with lead leg in front
- 'Set' – move forward with weight on shoulders raising hips
- 'Go' – push out off lead leg driving legs and arms forward
- Keep head down and body at 45 degree angle

Sprint technique

- Running on toes and lifting knees high
- Use of 'drive' when getting out of the blocks
- A straight arm action
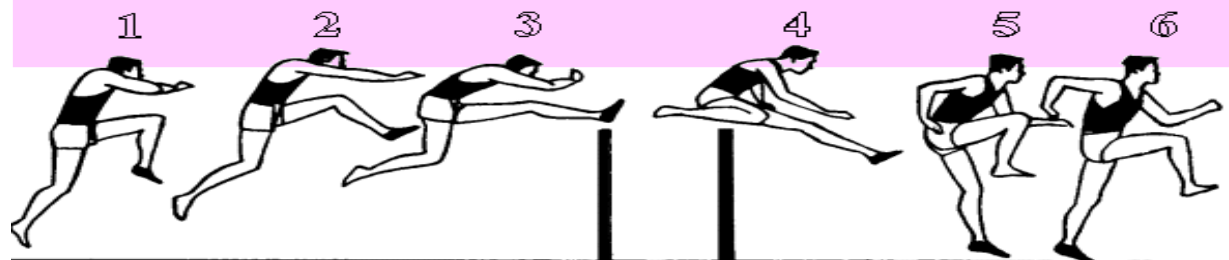- Stand tall after 'drive' phase

Time Keeping

- Stand in line with the finish line for the most accurate view of athletes crossing
- Allocate places e.g. you should time place 1
- Start the watch when starter brings down arm rather than sound
- Use finger not thumb to activate the start/ stop button
- Stop timing when the athletes torso crosses the line
- Time are taken to the 10th of a second e.g. 10.41 becomes 10.5 (round up)

Keyword	Definition
Cardiovascular endurance	The ability to exercise the whole body for long periods of time aka stamina
Speed	How quickly an individual can move
Muscular endurance	The ability to use voluntary muscles a number of times without becoming tired.
Power	The ability to use strength at speed
Reaction time	How quickly you can react to a stimulus