

Athletics Activities



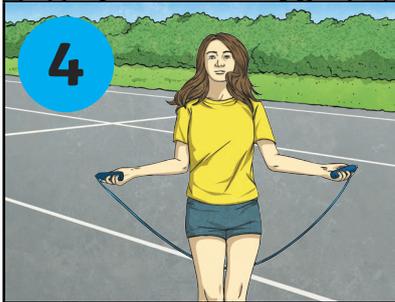
Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. How many different athletic events do you know? Can you sort them into running, throwing and jumping events?



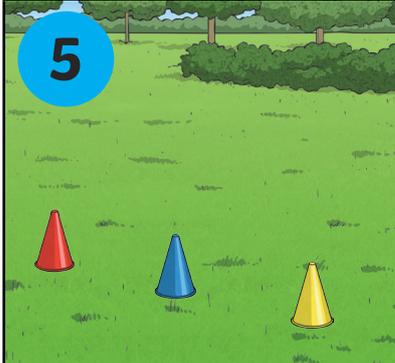
The Olympic Games is one of the greatest sporting events with the best athletes from all over the world competing against one another. Research the Olympic Games and write down five facts on the back of this sheet. Perhaps you can find out when and where the first Olympics were held or about the Olympic values.



Research an Olympic record in athletics. How close can you get to matching that record?



The four jumping field events that take place in major athletics competitions are the long jump, triple jump, high jump and pole vault. With a skipping rope, practise your jumping skills. How many skips can you do in 20 seconds? Try the two-footed jump and the alternate foot jump. Can you skip and travel forwards at the same time?



There are several events within athletics that require the fundamental movement skill of running. Run as fast as you can for 10 seconds and place down a marker to show how far you get. Go back to the starting point and repeat. Can you run to the marker or further this time? What happens if you repeat this activity several times? Do you think it will get easier or harder to reach the marker?



Athletic throwing events include the shot-put, javelin, discus and hammer. Practise your throwing skills by trying out these different types of throws:

- underarm;
- overarm;
- using your non-dominant hand.

With which throw can you achieve the furthest distance?