

Knowledge Organiser: PE Year 8 Athletics

Running Events

Key Words	Coaching Points	Rules and tactics
Sprinting 100m, 200m, 4x100Relay	Sprint drills include: High knees, heel flicks, high knee skips 5 stages of a sprint race 1. Reaction to gun and clearing the blocks 2. Drive phase 3. Acceleration 4. Max speed 5. Finish	Any 100-meter sprinter who leaves her lane or obstructs the path of another sprinter will be automatically disqualified from the race.
Middle distance running 800m	Interval training 4-8 x 45sec at 80-85% effort with recovery of 3-5 minutes, 6-12 x 200m at 80% effort with recovery of 3 minutes, 8-15 x long hill sprints (80-120m) at 80-85% effort with walk down hill recovery	It's an advantage for an athlete to be drawn in one of the outer lanes as they can choose which position they want to take in the field.
Relay 4x100	The receiver extends their hand behind them at just below shoulder height with their palm up, hand flat, fingers together, thumb out to the side, arm and hand still; eyes to the front. The end of the baton is placed into the receiver's hand using a downward motion. It is the responsibility of the incoming runner to control the pass and place the baton into the receiver's hand. The pass occurs between athletes using alternate hands i.e. right to left, or left to right.	Relay Rules. The baton can only be passed within the exchange zone, which is 20 meters long. Exchanges made outside the zone—based on the position of the baton, not the runners' feet—result in disqualification. Passers must remain in their lanes after the pass to avoid blocking other runners.

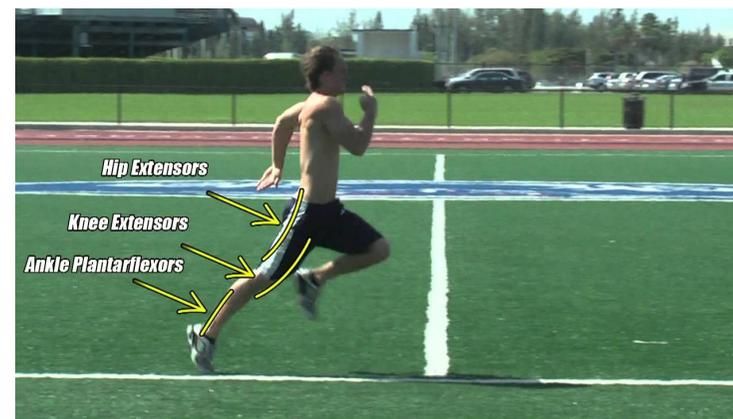
Relay Change over



Components of fitness

Component of fitness	Definition	Example of use in the game
Muscular strength	The amount of force a muscle can produce with a single maximal effort. (1 rep max)	Shot put
Speed	Ability to move quickly	100m
Reaction time	Ability to respond quickly to a stimulus	Reacting to the gun at the start of the race

Drive phase



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Throwing Events

Key Words	Coaching Points	Rules and Tactics
Shot put	<p>Glide</p> <p>Rest the shot on your finger tips and push into your neck</p> <p>Stand at the back of the circle, facing away from the target</p> <p>A right-handed thrower should place the right foot near the back edge of the circle, with the left leg extended forward.</p> <p>Keeping most of your weight on the right foot, bend your knees as if you were moving back into a seated position while drawing your left leg back so the toes of your left foot line up with the heel of your right.</p> <p>Keep your right elbow up as you shift your weight to the left.</p> <p>Straighten your left leg as you rotate your hips so they're square to the target.</p> <p>Keeping your left side firm, punch your arm upwards and complete the throw with a flip of your wrist and a strong follow through.</p>	<p>Once the athlete's name is called, they have 60 seconds to release the shot</p> <p>The athlete is permitted to touch the inside surface of the stop board; however neither the top nor the outside of the circle or stop board can be touched or passed</p> <p>The shot is required to land within the legal sector (34.92°)</p>
Javelin	<p>Throwing the Javelin comprises of the following phases:</p> <ul style="list-style-type: none"> Start Carry Withdrawal Transition Pre-delivery stride Delivery Recovery 	<p>Proper technique requires the athlete to hold the javelin with only one hand on the cord grip. Gloves aren't allowed, and tape on the fingers is permitted only if its to cover an open wound.</p>
Discus	<p>Use a Standing throw</p> <p>Put your non-throwing hand beneath the discus for support. Your throwing hand (including the thumb) is on top of the discus with your fingers evenly spread. The top knuckle of your four fingers (not the thumb) should touch the rim, with your fingertips over the sides</p> <p>Ensure your chin, knee and toe are in line</p> <p>Continue shifting your weight forward as you pivot your hips. Bring your arm up at approximately a 35-degree angle to release the discus.</p> <p>The discus should leave your hand smoothly off the index finger with your hand at about shoulder height. Follow through, rotating to your left to remain in the ring and avoid fouling.</p>	<p>If the athlete leaves the circle before the landing of the disc on the ground, then it will be considered as a foul throw.</p> <p>There is particular boundary of landing of the disc. If the disc lands outside that zone then that throw is considered invalid.</p>

Shot Put



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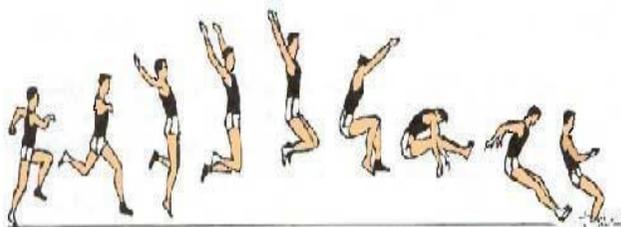
Jumping Events

Key Words	Coaching Points	Rules and Tactics
Long jump	<p>The Hang</p> <p>On take-off, the athlete drops the free leg to the vertical, which is then joined by the take-off leg. The arms go overhead to slow down the rotation about the athlete's centre of gravity. The legs are then lifted upwards and forwards whilst lower the trunk. The arms swing past the legs during the landing phase to ensure a good leg shoot.</p>	<p>a long jumper has three attempts to register his or her best legal jump.</p> <p>The distance, or the 'jump' is measured from the front edge of the foul line to the first landing point of the athlete.</p>
High jump	<p>Five Stages of High jump</p> <ol style="list-style-type: none"> 1. Approach 5 steps straight and 5 curved 2. Take off plant take off foot (furthest from the bar), drive other leg up 3. Flight arch body over the bar 4. Clear legs kick legs up as they pass over the bar 5. Finish land on upper back 	<p>Dislodging of the bar or breaking the plane near the edge of the bar before clearing will not be counted as successful jump.</p>
Triple Jump	<p>Drive forward with the body displacing on the takeoff of each phase</p> <p>Swing the free leg to prepare for the next phase</p> <p>Ground contact should be slightly in front of the body</p> <p>Land with toe up with a good heel strike</p> <p>Roll from the heel onto the toe during takeoff</p> <p>Run tall, jump tall</p> <p>Keep the each triple jump phase equal</p>	<p>Jumpers take off in the "hop" phase and land on the takeoff leg. They take one step onto the other foot (step phase), then jump. Otherwise, triple jump rules are identical to those of the long jump. Jumps are measured from the nearest impression made in the landing pit by any part of the</p>

Effects of exercise

Short term
Increased blood flow to muscles
Blood is diverted to muscles from digestive and other systems
Increased tidal volume (amount of air breathed in or out 1 one breath)
Long term
Muscles, tendons and ligaments get stronger
Lower resting heart rate and quicker recovery rate
Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)

Long jump The Hang



Triple jump sequence

