



RAINFORD
HIGH

Year 8 Athletics Knowledge Organiser

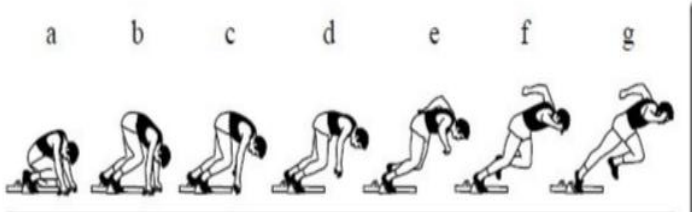


EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Key Words	Coaching Points	Rules and Tactics
Sprinting 100m, 200m, 4x100Relay	Hold your torso straight and vertical Hold head still, relax face and neck Bend elbows at 90 degrees Pump your arms so hands travel from hips to lips, keep shoulders steady With each stride lift front knee high	A false start is called when the feet of a runner leave the starting blocks before the starter's gun
Middle distance run- ning 800m	It is important to pace yourself Cardiovascular fitness is very important	The athletes in the 800m run the first curve in separate lanes and break after 100m to avoid crowding.



Sprint start



Components of fitness

Component of fitness	Definition	Example of use in the game
Power	Combination of strength and speed	Take off in long jump
Agility	Ability to change direction quickly	Middle distance running to gain a good position in the pack
Cardiovascular endurance	Ability of heart, lungs and blood vessels to produce energy	Maintain a high level of performance throughout a middle distance race

Running



RAINFORD
HIGH

Sprinting Technique



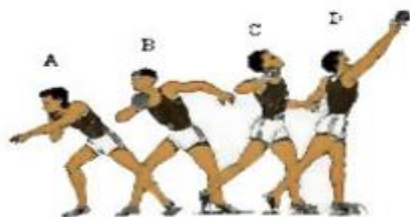
EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS



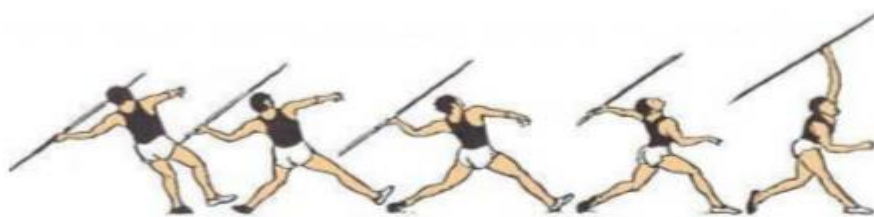
RAINFORD
HIGH

Key Words	Coaching Points	Rules and Tactics
Shot put	<p>Use a Standing throw</p> <p>Rest the shot on your palm and push into your neck</p> <p>Ensure your chin, knee and toe are in line</p> <p>Punch shot away from the neck</p> <p>Keep elbow high</p>	<p>The shot must be placed close to the neck and resting on the shoulder, while keeping it in that position the entire time until it is released.</p> <p>The shot must be released above the height of the shoulder with one hand</p> <p>The competitor must exit the circle from the back</p>
Javelin	<p>Use a standing throw</p> <p>Grip: Place javelin in the crease of your hand</p> <p>Straighten your arm keeping javelin close to your head and parallel to your arm</p> <p>Ensure your chin, knee and toe are in line</p> <p>Transfer your weight from front to back leg as release javelin</p>	<p>For valid throw, the javelin must lie before the specified zone and its tip should hit the ground.</p>
Discus	<p>Use a Standing throw</p> <p>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. The discus should leave your hand smoothly off the index finger with your hand at about shoulder height.</p> <p>Follow through, rotating to your left to remain in the ring and avoid fouling. (if right handed)</p>	<p>The discus can only be thrown by an athlete when he or she will stand inside a circle which has a diameter of 2.4m.</p> <p>An athlete cannot touch the ground beyond the circle.</p> <p>The competitor must exit the circle from the back</p>

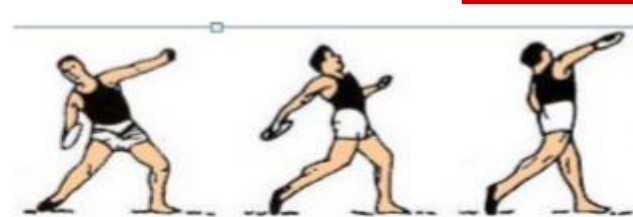
Shot Put



Javelin



Discus



THROWING

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

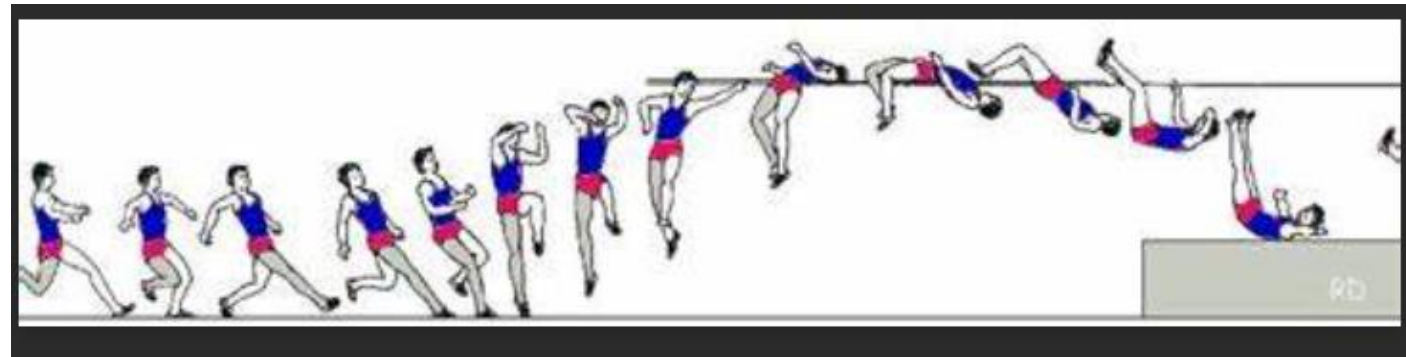
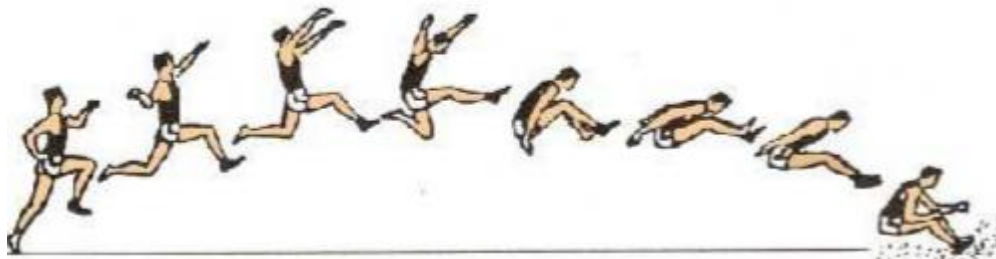
JUMPING



RAINFORD
HIGH

Key Words	Coaching Points	Rules and Tactics
Long jump	<p>The Stride</p> <p>Run up– athlete accelerates onto the take off board, aiming to be close to maximum speed at take off</p> <p>In the stride jump style, the athlete maintains the take-off position for as long as possible and only as the athlete comes into land does the take-off leg join the free leg for a good landing position.</p>	<p>No part of the athlete's foot should cross the front edge of the foul line.</p>
High jump	<p>Athletes run on a curve to lean away from the bar by creating pressure against the ground.</p> <p>Most athletes use between 6 and 12 steps on the approach , usually an even number so the first step is taken with the non-jumping foot.</p> <p>On take-off the foot should be pointing roughly towards the far corner of the landing area</p> <p>The Fosbury Flop ends with the athlete landing on their upper back.</p>	<p>Take-off must be made with one foot only.</p> <p>If the competitor fails to jump the required height in three consecutive attempts then he/she will be disqualified from the competition.</p>

Long jump



EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS



RAINFORD
HIGH

Key Skills:

Running events

- Starting: • Use of Blocks (where relevant) • Leg action: • Foot strike • Cadence • Bend running (where relevant) • Stride pattern/pacing • Hurdling with either leg (where relevant)

Jumping events

- Approach: • Hitting appropriate speed for take-off • Efficient transition between technical phases of the movements • Flight: • Appropriate elevation • Landing • movement of the body beyond initial point of contact (long jump and triple jump)

Throwing events

- Travel: • use of cross step/glide (where applicable) • rotational throws (where applicable) • Release phase: • Appropriate angle of release • Efficient transition between technical phases of the movements



Stretch and Challenge Task:

Research local clubs and events , perhaps you could get involved...!

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS