

Athletics

Javelin

Javelin is held at the back of the grip, along the palm (rather than across), with fingers firmly around the implement

Stand with feet parallel, shoulder-width apart, front foot toes pointed in the direction of the throw, can bend back leg for extra push when throwing if needed.

When throwing, pull the javelin back before pushing forward at an angle ensuring height and distance – slightly up, not straight.

Chest Push

Both feet behind the throwing line. One foot may be in front of the other but both must be behind the line.

Ball held towards the chest, with hands gripped on either side. Pull the ball right in.

Push the ball forcefully forward with both hands. At angle, slightly up and forward for distance as opposed to forward.

Distance measure from where the ball lands.

Performance

Able to copy movements

Can link the skill together

Attempt correct technique for jumps

Knows difference in each jump

Analysing Performance

Can watch someone perform

Can identify movements in performances

Able to suggest improvements in a skill

Able to compare work with others

Select and Apply

Can perform individual skills

Understand how skills link together

Tries to use the skill in practice jump

Why /when to perform a skill

Jumps

Standing Long Jump

A two-footed horizontal jump from a standing position

Instructions

Start by standing with both feet as close to the take-off line as possible.

Both feet must stay in contact with the ground until the start of the jump.

No part of the body must touch in front of the take-off line prior to take off.

Jump as far as possible from a standing position, with a two-footed take off.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your feet, a no jump will be recorded.

Measure from the take-off line to the back of the clearest heel on landing.

Head aligned to the take-off line

Take-off line

Take measure

How to do the Standing Long Jump Step-by-Step

You may prefer a crouching or a rocking motion prior to the jump.

Bend ankles, knees and hips.

Keep eyes focused forward.

Swing arms behind body.

Straighten legs.

Both feet leave the ground together.

Arms swing forward and up.

Land on both feet at the same time.

Ankles, knees and hips bend to absorb impact.

Standing Triple Jump

A horizontal jump involving a hop, step and jump from a standing position

Instructions

Start by standing on one foot as close to the take-off line as possible.

No part of the body must touch in front of the take-off line prior to take off.

Hop, step and jump in one continuous movement as far as possible from the take-off line.

Land on both feet.

You are not required to hold the landing position and may step forward after the jump. However, if you step back, fall back or touch the mat or floor behind your feet, a no jump will be recorded.

Measure from the take-off line to the back of the clearest heel on landing.

Head aligned to the take-off line

Take-off line

Take measure

How to do the Standing Triple Jump Step-by-Step

Start with one foot on the ground.

Hop onto the same foot.

Step onto the other foot.

Leap and land on both feet at the same time (this is the jump phase).

Ankles, knees and hips bend to absorb impact on landing.

Drive the knees high and fast.

Keep eyes focused forward.

Arms swing forward and up during the jump phase.

Measure from the take-off line to the back of the clearest heel on landing.

Standing Vertical Jump

A two-footed vertical jump from a standing position

Instructions

Measuring your reaching height

Stand with your back to the wall, feet flat on the floor and arms upstretched. With chalk mark the highest point reached with your fingertips.

Your Jumping Height

Stand side on to the wall.

Both feet must stay in contact with the ground until the start of the jump.

Hold the chalk in your hand that is closest to the wall.

Jump as high as possible from a standing position, with a two-footed take off.

Make a chalk mark on the wall at the highest possible point.

Land on both feet.

Measure from the reaching height to the mark reached with the jump.

How to do the Vertical Jump Step-by-Step

Stand side on to the wall with feet slightly apart.

Bend ankles, knees and hips.

Extend legs quickly at take-off.

Reach to make a chalk mark on the wall at the highest possible point with inside arm to the wall.

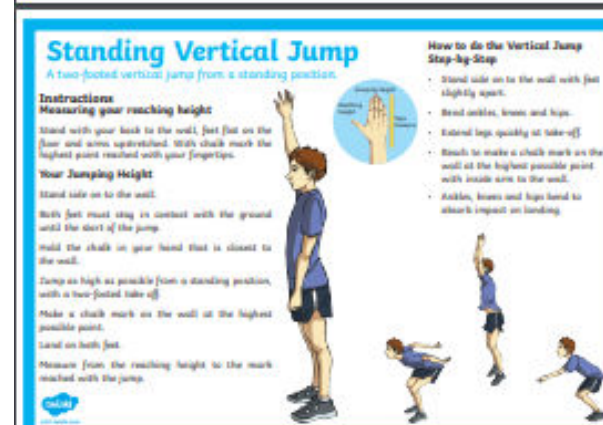
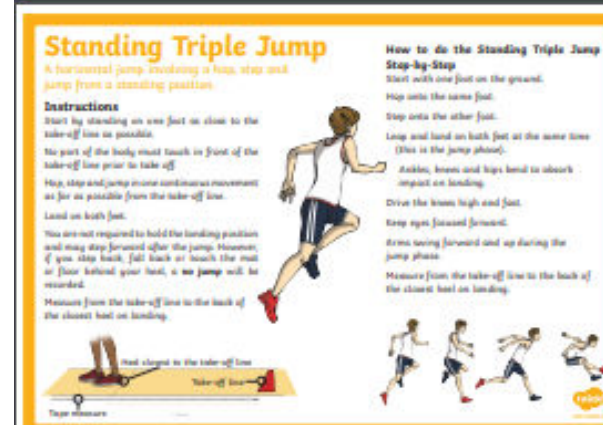
Ankles, knees and hips bend to absorb impact on landing.



See printed resource cards to support technique of the different athletics jumps.

OR

Access through <https://www.twinkl.co.uk/resource/t2-pe-072-the-standing-long-jump-triple-jump-and-vertical-jump-step-by-step-instructions>



Athletics

Key Vocab/Skills

1. Look ahead, not at your feet.
2. Unclench your fists, arms swing forward and back.
3. Keep your legs beneath you, only slight knee lift.
4. Shoulders – keep level, low and loose.
5. Torso – Think tall, if you start to slouch take a deep breath and naturally straighten back up.
6. Feet – Push off with force but try to land lightly.

Long Distance Tips

Running Posture



Baton (KS1)	A short stick or tube passed from runner to runner in a relay race.
Field (KS1)	An area of open land; events in athletics that involve throwing, jumping and vaulting
Javelin (KS1)	A lightweight, spear-like object; the sport of throwing the javelin
Long Jump (KS1)	An athletic event in which competitors jump as far as possible along the ground in one leap
Relay (KS1)	Race between teams of runners in which each team member in turn covers part of the total distance
Chest Push (KS1)	The athlete holds the ball against their chest and pushes with both hands.
Speed Bounce (KS1)	Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet.
Sprint (KS1)	An event in which competitors leap as far as possible by performing a hop, a step and a jump
Triple Jump (KS2)	The movement of the stick that lifts the ball off the ground.
Vertical Jump (KS2)	A vertical jump or vertical leap is the act of jumping upwards into the air.
Starting Blocks	Small rigid blocks for bracing a runner's feet at the start of a race
False start (KS2)	Failed start of a race, usually caused by a runner moving forward before the starting gun is fired
Paarlauf (KS2)	It means "pair run", but is basically a relay which can be done with two or more people.

- When starting long distance, start of small and gradually increase distance.
- Do not run or train with an injury, make sure to rest when needed.
- Fuel your body correctly, maintain a health balanced diet.
- Don't compare yourself to others; work hard to improve for yourself.
- Mix things up: Run in different places, different areas.
- Work/focus on a technique/posture that works best for you.
- Create a goal to keep yourself motivated.
- Pace yourself – 'it's a marathon, not a sprint'
- **Have fun and enjoy yourself!**

Sprinting

Crouch/block start



- On your mark - Crouch on one knee with your fingers on the floor.
- Get set - Raise your hips, head still down.
- Go – On the sound go/whistle/the gun pump up and forward with your arms and legs.
- Keep your body up straight and look forward.

TIP – Don't look back/sideward during a sprint race

