

Athletics Activities

- 1 Athletics is a collection of sporting **events** that involve **running, jumping, throwing** and **walking**.

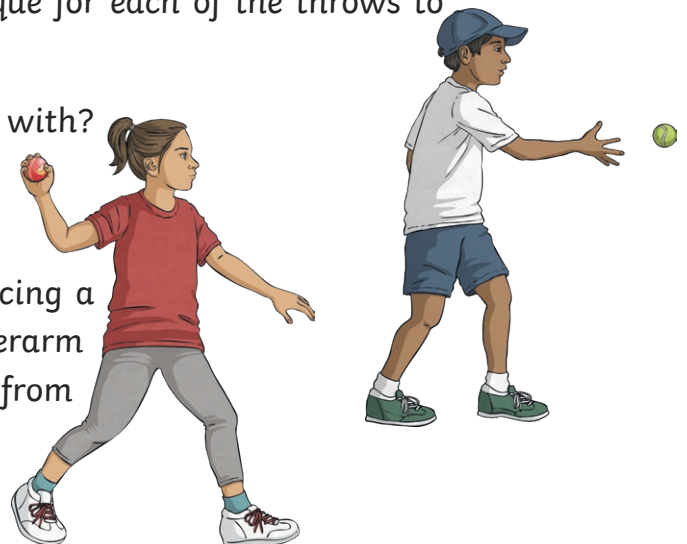
There are many different throwing events in athletics.

Can you find out the names of any throwing events?
Use the space below for your answers. These pictures might help you!



- 2 See how far you can throw a ball using the **overarm** and **underarm** throwing techniques. Use the information sheet outlining the technique for each of the throws to help you.

Which type of throw did the ball travel furthest with?



- 3 Now see how accurately you can throw by placing a marker to aim for. Use both the overarm and underarm throw. Try standing at different distances away from the marker.

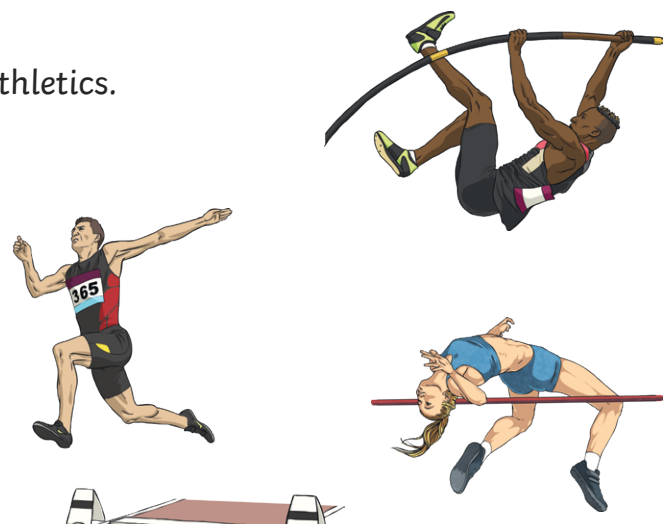
Which throw was easier to be more accurate with?

- 4 There are many different jumping events in athletics.

Can you label the pictures with the correct jumping event?

long jump pole vault high jump

Are there any other jumping events not here that you know of?

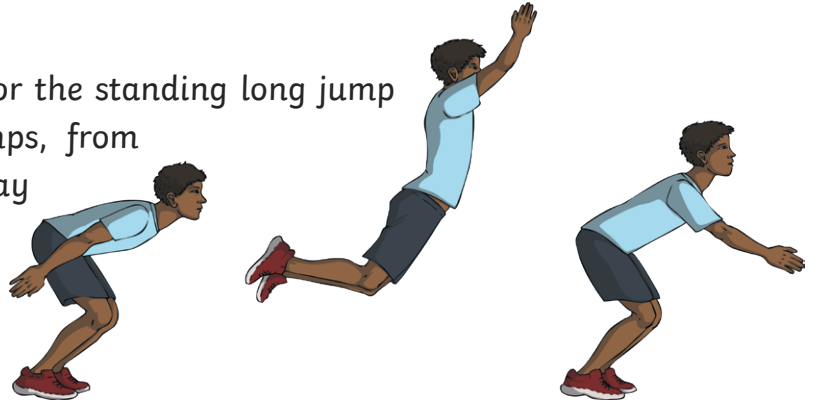


- 5 The standing jump is a type of jump that does not involve a run-up. You must take off from standing on two feet and land on two feet, trying to gain the furthest distance possible.

Ray Ewry set the first world record for the standing long jump at 3.47m in 1904. How many jumps, from standing, does it take you to match Ray Ewry's world record of 3.47m?

1. Measure 3.47m from a take-off line and mark it using a marker.
2. Stand behind the take-off line and from a standing position see how far you can jump. You must take-off and land on two feet.
3. Take-off from wherever you land after your first jump.
4. Continue doing this until you reach the 3.47m mark.

How many jumps did it take you?



- 6 Sprinting is a type of running event that involves running at full speed over a short distance.

When sprinting, it is important to be light on your feet. Practise your sprinting technique by running without making a noise with your feet.

Get a family member or friend to stand 10 metres away, with their back to you and attempt to get as close to them as quickly as possible without being heard.

