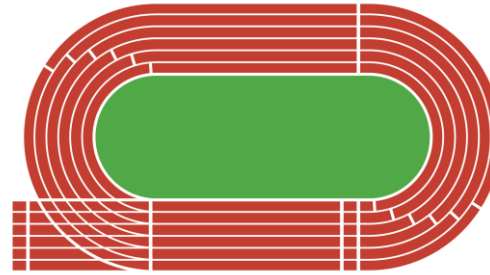


Athletics is a collection of sports that includes running, jumping and throwing. Running takes place on an athletics track, there are various running distances including sprints, middle distance, long distance and relay races. Field events involve either jumping or throwing.

**Running Distances:** 100 metres, 200 metres, 400 metres, 800 metres, 1500 metres, 5000 metres, 10000 metres, 26 miles.

**Throwing Events:** Shot Put, Discus, Javelin, Hammer.

**Jumping Events:** Long Jump, Triple Jump, High Jump, Pole Vault.



athlete      timing      coordination  
technique      movement  
measurements



**STEPS TO SUCCESS**

**These are the skills I need to achieve success in LKS2 Athletics:**

To throw an object by overarm, underarm, pulling, pushing and slinging.  
To combine different types of jumping.  
To run for distance.

To run in races of varied distances.  
To take part in athletic events.  
To perform competitively with others.