

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.

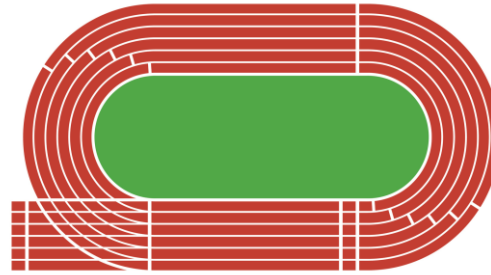
Running sprints: 100m, 200m, 400m.

Running middle distance: 800m, 1500m.

Running long distance: 5000m, 10000m, Marathon.

Field throws: shot put, discuss, javelin, hammer.

Field jumps: long jump, triple jump, high jump, pole vault.



pace timing coordination
technique movement
measurements



STEPS TO SUCCESS

These are the skills I need to achieve success in UKS2 Athletics:

To use the correct combination of jumps to complete the triple jump.
To compete in long distance running.
To compete in short distance races.

To use a run up when throwing.
To practise to improve throwing distance.
To use a run up when jumping.