



## Year 1 Athletics

### Key vocabulary

<b>Athlete</b>	A trained person in sports who takes part in track and field competitions.
<b>Sprint</b>	Run at full speed over a short distance.
<b>Hurdles</b>	A series of frames that runners must jump over.
<b>False Start</b>	An invalid start of a race in which one of the competitors starts too early – before the official signal has been given to go.
<b>Javelin</b>	An event when a javelin (rubber/metal pole) is thrown to see who can throw it the longest distance.
<b>Long Distance</b>	A running event that requires a person to run for a longer distance and not simply sprint as quickly as possible.

Can I do these things?

Vary your pace and speed when running.

Run with a basic technique over different distances.

Perform different types of jumps: for example, two feet to two feet.

Jump as far as possible.

Throw underarm and overarm.

Engage in competitive activities and team games.

## What is Athletics?

The sport of competing in track and field events, including running races and various competitions in jumping and throwing. i.e. 100m sprint, 800m run, Javelin, Standing long jump etc.



Running events



Jumping events



Throwing events



Team events