

Year 2 Athletics

Key vocabulary

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

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



Throwing events



Team events

Can I do these things?

Run at different paces, describing the different paces.

Begin to select the most suitable pace and speed

Combine different jumps together with some fluency and control.

Jump for distance from a standing position with accuracy and control.

Throw different types of equipment in different ways, for accuracy and distance.

Compete against self and others.