

Trivia & Events:

Olympics- 2020 Japan. Time before was 2016 Rio.

Athletics

Big idea: Challenging Healthy Active Lifestyles.



Athletics is a collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking.



Athletic Events

Sprinting - 100/200M

Middle Distance - 800/1500M

Long Distance - 5000/10,000M

Hurdles

Relay

High Jump/Long Jump/Triple Jump

Shot Put/Discus/Javelin

Pentathlon

Heptathlon

Decathlon



Rules of Athletics

Track - You must be behind the line before you start a race.

- You must wait for the gun to sound before starting, if you start before the gun it is a false start and the race will start again.
- You must stay in your own lane, if you cross into someone's lane you will be disqualified from the race.

Field (throwing) - When throwing you must stay behind the throwing line.

- If the object you are throwing goes out of the throwing area it is a 'no throw'

Field (Jumping) - When jumping you must take off from the board or behind it.

- You must jump into the designated area.
- When measuring a jump you measure from the point closet to the take off board.



Components of Fitness

Speed - Being able to sprint in a race over a short distance or at the end of a middle/long distance race.

Power - Being able to jump further/higher, throw further and run faster.

Muscular Strength - Being able to generate power to be effective within the competition.

Aerobic Endurance - Your cardio-respiratory system working effectively over a long period of time. (middle/long distance running)

Muscular Endurance - Your muscles contracting over a sustain period of time. (middle/long distance running)