

SUBJECT: P.E

UNIT: Year 10 Athletics – Track events



Events:

- 100m Sprint (1 straight length)
- 200m Sprint (1 straight and 1 bend)
- 400m (1 full lap)
- 800m – 2 full laps
- 1500m – 3 and $\frac{3}{4}$ laps

Starting positions: There are 2 starting positions for each track event.

Standing start:

“On your marks” teaching points:

- Stand with one foot behind the starting line.
- Place back leg 1 foot behind front foot and have heel of the back leg raised.
- All toes should be pointing forward and shoulder width apart.
- Have opposite arm forward to the opposite front leg.

“Set” teaching points:

- Flex at the hips by leaning forward.
- Head down looking at the ground.

“Go” teaching points:

- Push off with both feet at the G sound of “GO”.
- Drive front arm upwards.
- Keep head down for first 20m.

Couched start:

“On your marks” teaching points.

- Place your front foot a forearm’s length behind the start line
- Place the knee of your back leg on the ground level with your front foot
- Place your hands shoulder-width apart - behind, not on the line.

“Set” teaching points

- Raise your hips slightly higher than your shoulders
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees)

“Go” teaching points

- Drive your back leg forward
- Swing your arms hard

Pacing / tactics:

Students to understand the different tactics that are deployed for different races – the use of the inside lane and how athletes pace themselves in order to be in an advantage towards the final few laps. How energy can be conserved for later stages in the race.

Key Words:

Aerobic endurance
Muscular endurance
Coordination
Acceleration
Speed
Pacing
Power
Reaction time