

SUBJECT: P.E

UNIT: Year 7 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

Key Words:

On your marks
Get set
Go
Speed
Pacing
Power
Lap
Track