

# SUBJECT: P.E

## UNIT: Year 8 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 for longer races

Start off at 70% of your maximum effort, this should increase to 100% before the end of the race. For example, in a 400m race, take the first bend and straight at 70%. Increase 80-85% on the second bend and you should be at 100% maximum effort for the final 100m straight.

### Key Words:

Coordination

Acceleration

Speed

Pacing

Power

Reaction time