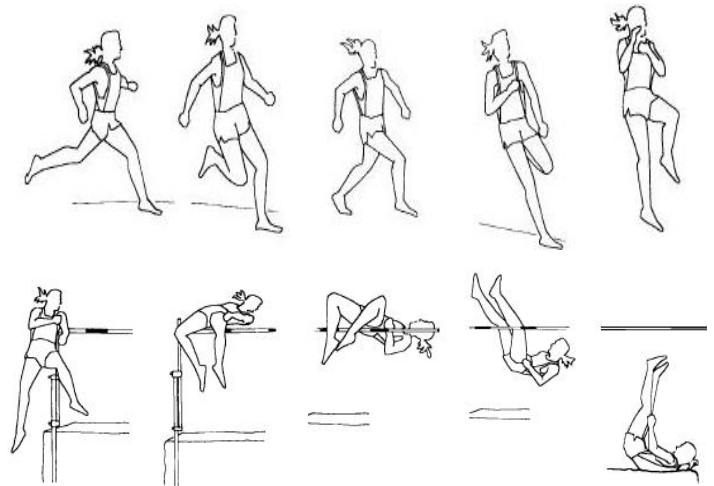


# Athletics – Jumps

## Keywords

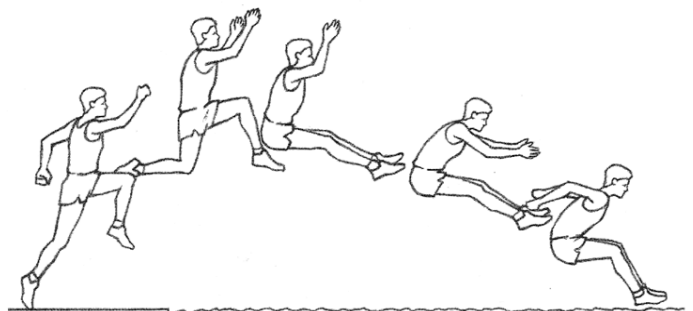
Whip	Accuracy
Explosive	Drive
Stance	Balance
Control	Transfer of Weight
Speed	Take Off
Agility	Flight

Can you think of anymore?



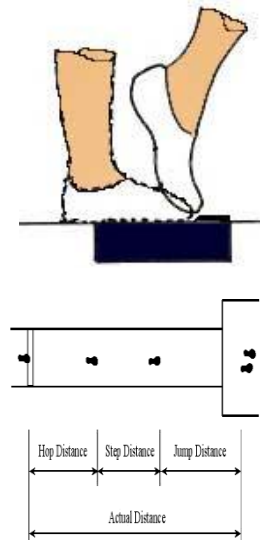
### High Jump – Fosbury Flop Technique:

- Curve run up
- Take off with nearest leg to the bar (1 footed)
- Use arms to drive the jump upwards
- Push hips forward to arch back on take off.



### Long/Triple Jump

- Speed on run up
- Take off 1 footed as close to board as possible
- Use arms to generate 'hang time'
- Use momentum to fall forward on landing in the pit



Making and Applying Decisions	How many steps do need in run up?
	What is effective jumping style?
	Which jump is suited to you?
	Can you adapt to each jump?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Performing at Maximum Levels	How far can you jump?
	What is your best technique?
	Can you beat your Personal Best (PB)?
	Can you beat that measurement?
Accurate Replication	Can you copy the each jump?
	Scissors or Fosbury Flop
	Can you hang in the air?
	Can you use your whole body?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes during a performance

# Athletics – Sprints

## Keywords

Whip	Accuracy
Explosive	Drive Phase
Stance	Balance
Reaction Time	Transfer of Weight
Speed	Power
Coordination	Muscle Fibres

Can you think of anymore?



Making and Applying Decisions	How many steps do need in run up?
	What is effective jumping style?
	Which jump is suited to you?
	Can you adapt to each jump?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Performing at Maximum Levels	How far can you jump?
	What is your best technique?
	Can you beat your Personal Best (PB)?
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Accurate Replication	Can you copy the each jump?
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Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
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	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes during a performance

### Coaching Points

- Drive knees high out of the blocks
- Use arms to drive each stride
- Rise body up slowly
- Keep torso still isolating knees and arms only.
- Stay in your lane.

1.



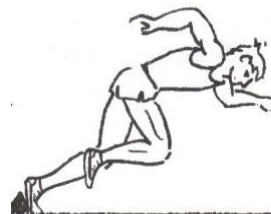
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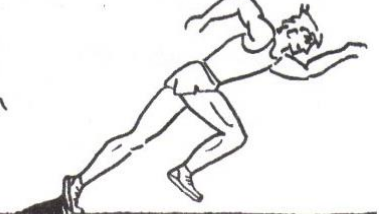
3.



4.



5.



### Coaching Points

- Crouch on one knee, with your fingers just behind the line.
- Raise your hips to a level just above your shoulders.
- On the B of the Bang, breathe out hard and pump those arms and legs.
- Keeping your body low in your opening strides will thrust you forward.

# Athletics – Throws

## Keywords

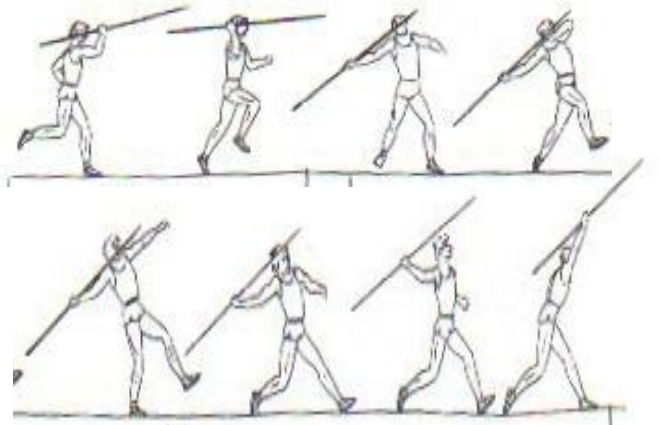
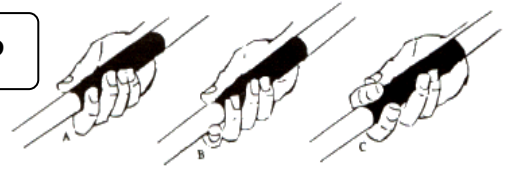
Whip	Accuracy
Explosive	Grip
Stance	Balance
Release Point	Transfer of Weight
Speed	Power
Coordination	Flight

Can you think of anymore?



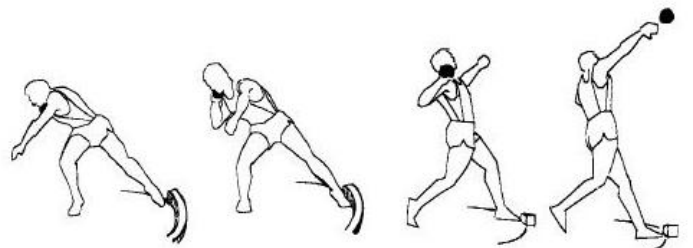
Making and Applying Decisions	How many steps do need in run up?
	What is effective jumping style?
	Which jump is suited to you?
	Can you adapt to each jump?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Performing at Maximum Levels	How far can you jump?
	What is your best technique?
	Can you beat your Personal Best (PB)?
	Can you beat that measurement?
Accurate Replication	Can you copy the each jump?
	Scissors or Fosbury Flop
	Can you hang in the air?
	Can you use your whole body?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes during a performance

## Javelin - GRIP



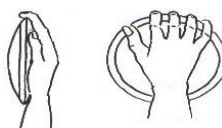
## Javelin – Action:

- Transfer weight from back foot to front foot.
- 'Pull' arm through past face
- Maintain direction of the javelin tip
- Release javelin at 45 degrees



## Shot Putt – Grip + Action:

- Transfer weight from back foot to front foot.
- 'Push' ball away from neck
- Rotate hips to push 'belt buckle' to the direction of throw
- Release shot at 45 degrees



## Discuss – Grip + Action:

- 'Swing' arm from a high to low position
- Release shot at 45 degrees

