

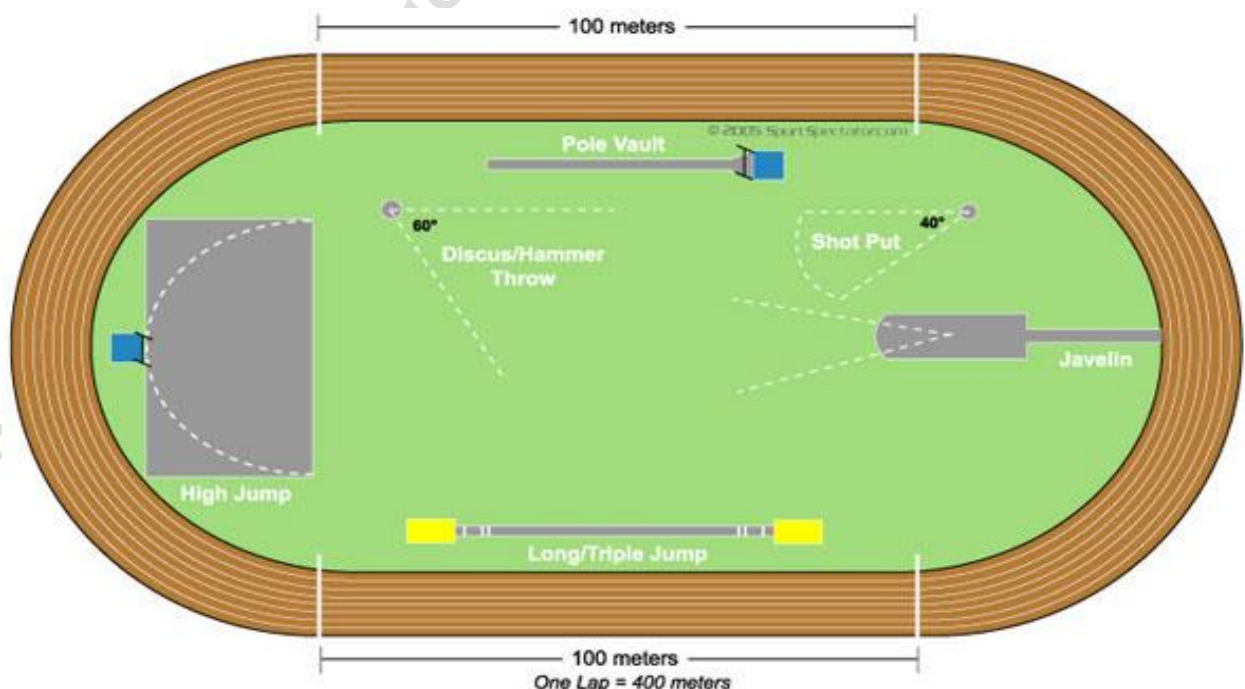
2nd TERM TOPIC. 1st ESO. ATHLETICS

- There are three groups of events in athletics:
 1. Track events: sprint, middle distance, long distance, obstacles, relays and racewalking.
 2. Field events: jumps and throws.
 3. Combined events: decathlon and heptathlon

TRACK EVENTS:

Races:

- These are held in athletics stadiums. An athletics stadium consists of an oval track with 8 lines where one lap around is 400m.
- There are different types of races:
 - Sprint races: 100m, 200m and 400m.
 - Middle distance races: 800m, 1500m and 3000m.
 - Long distance races: 5000m, 10000m and marathon.
 - Obstacles races: 100m hurdles (women), 110m hurdles (men), 400m hurdles and 3000m steeplechase.
 - Relays races: 4x100m and 4x400m



Running technique:

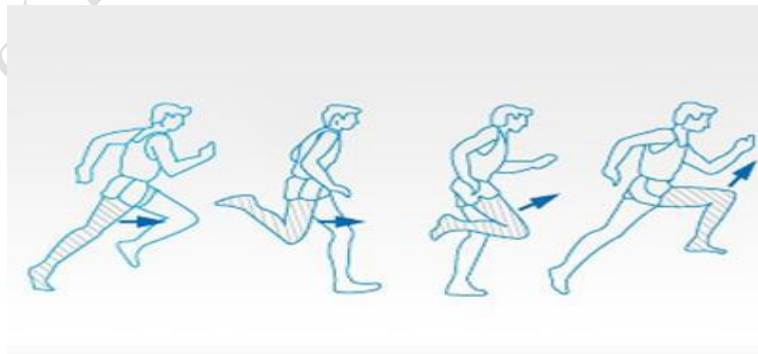
Start: The start is different depending on the race:

- In sprint, it is very important because the races are very short and it is essential to not waste time. For this reason, the athletes start in a crouching position with their feet on starting blocks.
- In middle distance and long distance races, they do not use starting blocks, but they start in a dynamic position with their trunk inclined slightly forward.



Stride: this is the movement that we do to move when we walk or run. It has four phases:

- Contact: the foot of the front leg makes contact with the ground, the heel first.
- Support: the runner is being supported on the ground on one leg. The leg supports the weight and it is slightly flexed. After that it is moved like a spring and extended upwards.
- Drive: the runner thrusts from the ground.
- Recovery: the runner is not touching the ground with any of his/her feet but the limbs are moving.



General recommendations: Running technique is really important in athletics races. That is why we have to follow some advice:

- Put your foot in the direction of the race.

- Run with a fairly erect body position, hips under the trunk and the head held in a neutral position under the shoulders with the whole body leaning slightly forward.
- The arms should be held slightly flexed, parallel to the body and moved in coordination with the legs.
- Move your knees quite high and make strides with great amplitude.

Relay races:

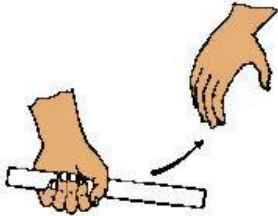
- These are team trials which consist of running a distance divided into sections in the shortest time possible. The trials are 4x100m and 4x400m. Each relay team consists of four competitors. A baton is passed from one member to another in succession.



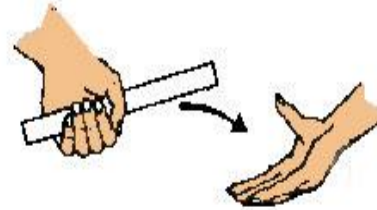
- The baton must be passed to the next runner within a 20m changeover box that is situated 10m before and 10m after the start of every section. The outgoing runner can start running in order to receive the baton at maximum speed and must receive it before the end of the changeover box. If the pass comes before or after that area, the pass is considered illegal and the team is disqualified. Also, if a runner drops the baton while passing or in the middle of the race, the team is disqualified.

- There are two passing techniques:

Upsweep



Downsweep



Racewalking:

- This consists of covering a distance as fast as possible, but one foot must always be in contact with the ground. If not, the judges give a warning. On the third warning, the walker is disqualified.

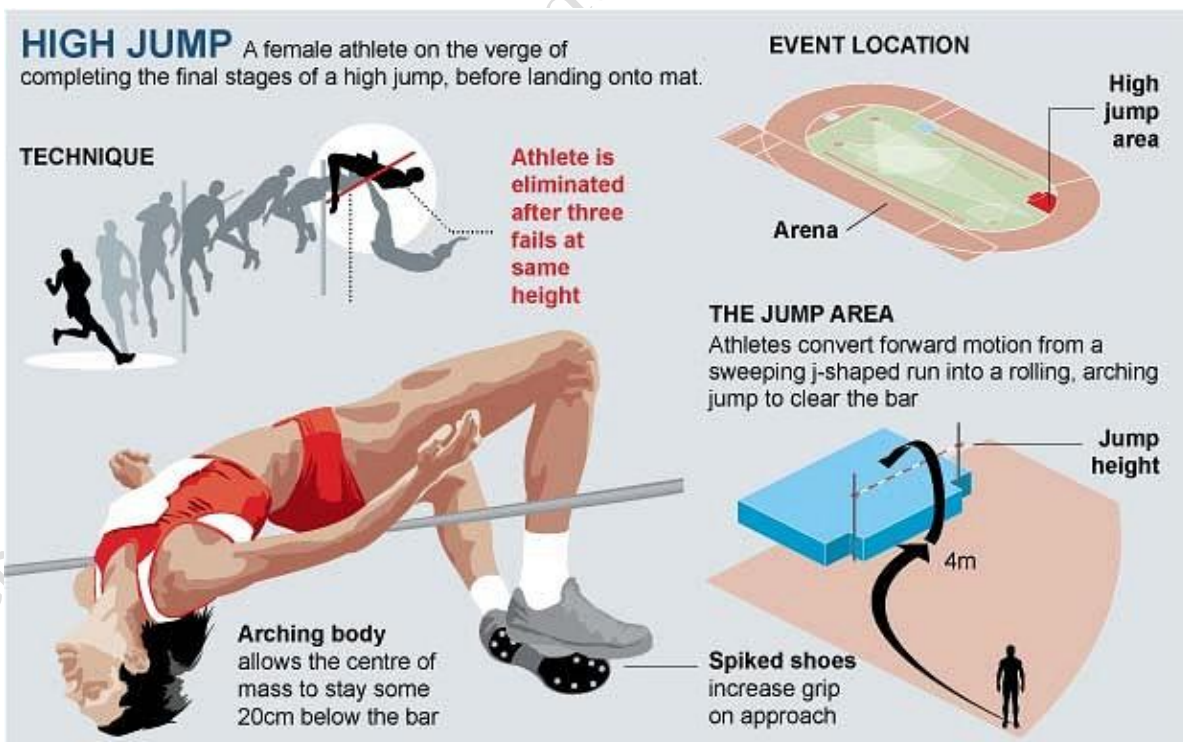
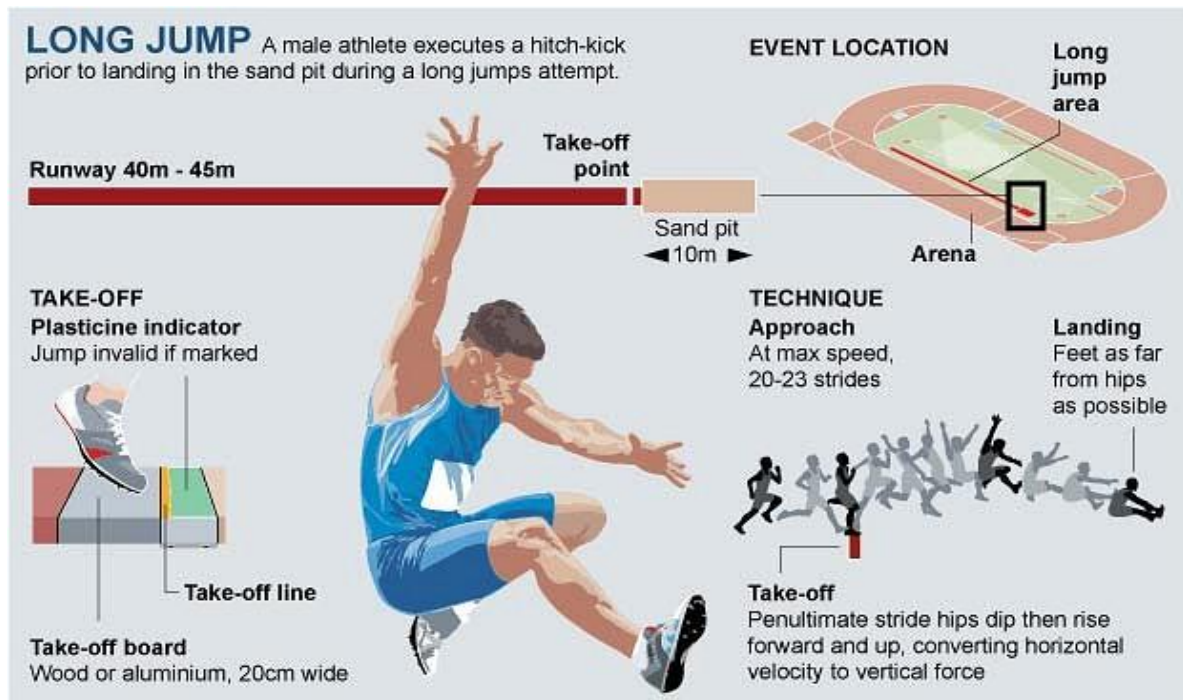


FIELD EVENTS:

Jump: There are four types of jump: long jump, high jump, triple jump and pole vault.

- The different types of jump have some phases in common. These phases are:
 - **Approach:** the run towards the jumping zone. Speed is increased progressively until it reaches its maximum (except in the high jump). In the long jump it ends in the take off board.
 - **Take off:** this is the movement when the athlete launches themselves off the ground. This is the most important phase.
 - **Flight:** this is the phase in the air when the body makes the movements needed to land correctly, or to get over the bar (high jump and pole vault)

- Landing: this is more important in the long jump and the triple jump because in this last phase the athlete tries to get as far as possible.



Throws: they consist in throwing an object as far as possible. Different objects are thrown: shot put (a heavy round ball), discus throw (a round disc), hammer throw (a ball similar to shot put attached to a string and a handle) and javelin throw (a sort of spear).

- Three phases can be identified in throws:
 - o Preparatory actions: all the movements that are made with the aim of increasing the velocity of the body and of the object that has to be thrown.
 - o Throw: the specific technique used in each event to try to give the maximum momentum to the object being thrown.
 - o Recovery: the phase after the throw where the athlete tries to regain their balance and stay in the throwing zone.
- **Shot put**: a spherical object of 7,26 kg for men and 4 kg for women. The aim is to put it as far as possible from a 2,135m circle that has a curve 10cm-high toe-board at the front. The landing area is a 45-degree sector marked by tow lines. Tow styles: with half turn and with full turn. It has several phases:
 - o Initial position: the shot is held in one hand and placed between the chin and the shoulder on that side. The athlete stands, back turned on the throwing area and the trunk inclined slightly forward.
 - o Throwing phase: we jump backwards with the rear leg, which is followed by the other one. At the same time, the body is turned towards the throwing area. The arm is fully extended releasing the weight to the landing sector



COMBINED EVENTS:

- As indicated by the name, athletes that do combined events have to master almost all the disciplines (sprinting, middle distance, jumps and throws). For this reason, they have to be all-round athletes and execute each technique as perfectly as possible.
- There are two combined events:
 - Decathlon (for men): it consists of ten events (100m, long jump, shot put, high jump, 110m hurdles, discus throw, pole vault, javelin throw and 1500m)
 - Heptathlon (for women): it consists of seven events (100m hurdles, high jump, shot put, 200m, long jump, javelin throw and 800m).