



## Key vocabulary

<b>Athlete</b>	A trained person in sports who takes part in track and field competitions
<b>Sprint</b>	Run at full speed over a short distance.
<b>Hurdles</b>	A series of frames that runners must jump over.
<b>False Start</b>	An invalid start of a race in which one of the competitors starts too early – before the official signal has been given to go.
<b>Javelin</b>	An event when a javelin (rubber/metal pole) is thrown to see who can throw it the longest distance.
<b>Long Distance</b>	A running event that requires a person to run for a longer distance and not simply sprint as quickly as possible.

## What is Athletics ?

The sport of competing in track and field events, including running races and various competitions in jumping and throwing. i.e. 100m sprint, 800m run,



Running



Jumping



Throwing



Team events



*I can develop my ability to hurdle effectively.*

*I can develop my ability to change direction at different speeds.*

*I can develop my ability to throw as far as possible.*

*I can develop my ability to run at speed.*

*I can develop my ability to just as far as possible.*