
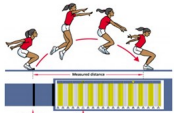
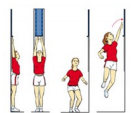


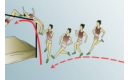




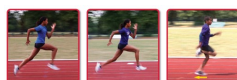
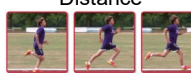







PE: Athletics

Jumping	
<p>Long Jump</p> 	<p>Arms move in a running action until you push off with one foot on the take off line then the arm swing backwards to forwards. The take off foot should not cross the take off line (classed as a no jump). Encourage children to keep the take off leg the same for every jump. As you push off on one leg, drive the free knee forwards landing with the heels first with bent knees on landing to cushion the impact.</p>
<p>Standing Long Jump</p> 	<p>The athlete must stand on the mat with both feet behind the take off line. Techniques involving a crouch or rocking motion prior to the jump are permitted provided that both feet are alongside each other and retain contact with the mat until the start of the jump. The athlete should jump as far as possible from a standing position, with a two footed take off. Swing arms backwards to forwards as athlete takes off.</p>
<p>Vertical Jump</p> 	<p>The vertical jump test is commonly performed with a counter movement, where there is bending of the knees immediately prior to the jump along with the use of the arms to help propel the body upwards. Both arms should be stretched upwards to push the sliding scale up with their fingertips. Elbows and fingers must be straight and arms should touch the side of the head. Feet must stay flat on the floor.</p>
<p>Speed Bounce</p> 	<p>Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously. The number of jumps achieved in 20 seconds is recorded. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.</p>
<p>High Jump (Scissor Jump)</p> 	<p>Run ups for scissor jumps should not be curved – they should be done in a straight line approximately 30 degree angle from the cross bar. The leg closest to the bar is driven up and over the bar first. The other leg follows – both legs go over in a scissor action over the bar. Athletes should try to land on their feet, but landing sitting in an upright position is acceptable</p>
<p>Fosbury Flop</p> 	<p>Approach in a curve. Drive knee upwards on leg closest to the bar. Rotate hips so that your back is towards the bar. Reach arm upwards and over the bar. Arch back and bring legs together. Bend knees and lift feet over the bar.</p>
<p>Triple Jump</p> 	<p>Standing hop (same foot take off and landing) Take off and land on the same foot. Use arms to gain maximum distance. Step (land on the opposite foot) Take off on the same foot they landed with the hop and step and land on the other foot. Use arms to gain maximum distance. Jump (land both feet together) Take off on the same foot they landed with the step and land with both feet. Use arms for maximum distance.</p>

Throwing	
<p>Javelin</p> 	<p>Left foot up to the line, right foot at the back. Right arm should be extended backwards with the javelin in their fingers and the thrower should be looking over their left shoulder (if child is left handed this need to be changed around). Look in the direction you want to the throw, as arm comes through elbow needs to remain high. Arm action needs to be fast. Step into your throw. Children should only throw and collect on teacher command.</p>
<p>Chest Push</p> 	<p>The athlete holds the ball against their chest and pushes with both hands. Chest must face forward and there must be no rotation in the trunk. Both feet must be behind the throwing line and remain on the floor at all times. One foot may be in front of the other but no run ups or steps are permitted.</p>
<p>Shot</p> 	<p>Hold the shot in your fingers (clean palm, dirty fingers). Place the shot under the chin at the side of your neck, elbow should be high (dirty neck). Feet in a wide stance, bend at knee and hip on back foot, body turned/rotated towards back foot. Elbow remains high. Turn in the direction they would throw. Shot should stay in the neck until hips are forwards. Push shot forwards keeping the elbow high.</p>

Running	
<p>Sprint</p> 	<p>Hold your torso straight and vertical. Hold your head still. Bend your elbows at 90 degrees. Pretend you are lightly gripping a small bird in each hand. Pump your arms so your hands travel from hip to lip, and keep your arms close to your sides. As you pump your arms, keep your shoulders steady but relaxed. With each stride, lift your front knee high and straighten your back leg completely to deliver full power. At the start of your sprint, keep your strides short and quick. Lengthen your strides as you gain speed and momentum.</p>
<p>Distance</p> 	<p>Action should be the same as sprinting only less pronounced. Arms need to keep driving when you get tired as this helps to keep your legs moving. Encourage children to think about pace in order to keep running.</p>
<p>Relay</p> 	<p>Number 2 should have left hand extended behind them ready to receive the baton. When number one gets a few paces away, their arm should go out and they should look forwards. It is the person with the batons responsibility to get it into the receiver's hand. When you get the baton pull arm through quickly into running arm action.</p>
<p>Standing Start</p> 	<p>Stand with your feet about shoulder-width apart with your more powerful leg just behind the starting line. Distribute most of your weight on the front leg. At "set," bend at the hips, but not all the way to the ground, and keep your head and chest up so that the spine is neutral</p>
<p>Sprint Start</p> 	<p>On Your Marks - Front foot should be 2 feet from line; back foot 3 feet. Hands should be slightly wider than shoulder-width and behind the line. Arms should be straight but not locked at the elbow. The fingers should form a bridge, with the thumbs pointing toward one another Set - Hips raised to a position slightly higher than the shoulders. When viewed from the side, the shoulder should be above the start line. Remain motionless.</p>