

Key Knowledge

Learn these key facts—**key points in red**

Track: Running Events

75m sprint: Running as **fast as you can** from the start until the finish

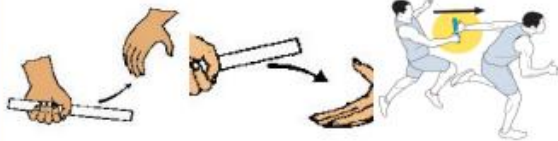
600m: **Endurance race** meaning you can't sprint the entire race. You need to **pace your race** so that you don't get too tired too quickly but have still run as fast as you can.

How quickly can you complete the races?



Relay Changeover

Passing the baton to the next runner is a vital aspect of a relay race. The next **runner needs to be moving** when the changeover is made. This allows the runner get to their top speed quicker and will finish the race in a faster time.



Field: Jumping and Throwing

Howler Throw: **Overarm throw** trying to launch the howler as far as possible. A **straight or bent arm** technique can be used



Long Jump: Using a **run up for momentum**, taking off on **one foot** and landing on two. This is usually done into a sand pit. How far can you jump?



Key Vocabulary

Understand these key words

Word	Definition
Officiate	To assist running events by applying rules
Analysis	Be able to look at performance and suggest improvements.
Technique	Understand the set of actions required for each activity.
Relay Changeover	How the baton is passed from one runner to the next.
Momentum	Creating speed that is used to transfer into power for a jump, throw or to gain top speed as quickly as possible
Finishing line	The point at which the timer stops— YOU DO NOT STOP HERE!
Hurdles	An obstacle that a runner may have to jump over during a race
Consistency	Being able to perform the same skill accurately repetitively.
Endurance	Being able to repeat a specific movement—running a long distance
Explosive Power	Force generated by your body to make your body jump.
Relay	Working as a team to complete a race with a baton.

Officiating Focus

Officiating each other is vitally important in athletics, this shows a good understanding and demonstration of both rules and technique.

It also applies lots of mathematical knowledge to working out distances, lengths and times—rounding is also used.

Personal skills such as honesty and fairness are also important when officiating.

Communication—giving clear instructions or feedback.

