

Subject: PE Semi formal Topic title: Athletics

Athletics is the name for a number of different sports that require strength, endurance and skill.

Athletics includes track and field events.

-Track events involve running and sprinting.

-Field events often use skills like jumping and throwing.

Someone competing in athletics is known as an athlete. They should learn how to perform movements safely, build our confidence and respond to feedback given by others



Skill	Definition
Sprinting	To run / move a short distance at top speed / as fast as you can
Hurdling	To leap over / move around obstacles whilst running/moving
Thinking/ Strategic Obstacle	Something that needs to be avoided (e.g. jumped over or moved around)
Track	The name given to events that take place on a running track.
Field	Events that do not take place on the running track, e.g. jumping and throwing events
Jumping	To launch both legs off the floor at the same time
Throwing	To launch something with force from the hand.