

NORTHERN MIDDLE SCHOOL TRACK AND FIELD UNIT

EVENT SKILLS & KEY POINTS

LONG JUMP:

- Approach- use good running form (arm swing chin to hips)
- Take off from one foot
- Throw arms & body weight forward while in air
- Land on both feet, upper body momentum going forward-Do not want to fall back
- Jump distance measured from end of runway to heel or furthest thing back in sand

SHOT PUT:

- Shot placed in fingers; not resting on palm
- Turn sideways
- Assume balanced ready position (knees slightly bent) w/ shot placed against neck
- Slide or Hop/turn/pivot to place shot
- Follow through in direction of placement—do not step over line/out of ring (disqualify)

HIGH JUMP:

- Use “J” Approach: Run towards mat curving sideways w/inside leg parallel to the bar/mat
- Take off from outside foot, kicking inside leg and arm up
- “Eyes to the Sky” and arch back as body crosses bar
- Kick bottom of shoes to sky
- Landing--land on shoulder blades/back first, not butt!

HURDLES:

Safety Key.....always approach and jump hurdle from “bottom ground bar towards you”

- Just before hurdle, kick dominant leg up and over hurdle
- Non-dominant leg should be lifted/tucked and pulled across hurdle after dominant leg
- Snap dominant front foot to ground as quickly as possible
- Regain balance, continue running to next hurdle

RELAYS:

PE Relays: 400 Meter Relay and 800 Meter Relay

Suggested Hand-off technique:

- Carry baton in right hand – receive baton in left hand, palm up behind body
- After receiving, switch baton to right for next exchange.
- Remember to stay in lane after hand-off

JAVELIN:

The One-Step Throw: If you are practicing for the first time, then you should probably start from this type of throwing method. This is one of the basic forms of throwing javelin.

- Hold the javelin at a height above your head firmly and position it parallel to the ground.
- Put your both feet tightly close to each other, facing them in the direction of the throw.
- Put the palm under the javelin.
- Pull javelin back with shoulder as far as possible. Javelin should still parallel to the ground and facing towards target.
- This position is popularly known as **T** position.
- If you are a right handed thrower, then step forward with your left foot and throw it violently in the forward direction.
- Without pulling down towards the shoulders, the throwing hand position should be kept high throughout the throw.