

UNIT ESSENTIAL QUESTIONS

TRACK & FIELD (6TH grade)

What skills are necessary to be able to complete each track and field event for physical education?

TRACK & FIELD (7TH grade)

How does participating in track and field events improve an individuals overall health and fitness levels?

TRACK & FIELD (8th grade)

How are the fitness components; cardio-endurance, muscular strength and flexibility utilized in different areas of track and field?

TRACK AND FIELD SKILLS / EVENTS (Technique Description)

Long Jump:

- Approach by gaining speed from your run as you get closer to the take-off
- Take off from one foot (at end of runway)
- Throw arms & body weight forward while in air
- Land on both feet, upper body momentum going forward
- If you step over the edge of long jump pit (in sand), it is a scratch

Shot Put:

- Shot placed in fingers
- Assume balanced ready position w/ shot placed against neck
- Slide or Hop/turn/pivot to place shot; **PUSH** the shot, do NOT throw it
- Follow through in direction of placement – do not step over line/out of ring (scratch)

Relays:

Hand-off technique:

- Carry** baton in **right** hand – receive baton in left hand, palm up behind body – after receiving, switch baton to right hand for next exchange
- Exchanges must be made between triangles at each spot (exchange zone)-if exchange is not made in the exchange zone, your team is disqualified.
- If any team steps out of their lane during relays, their team will be disqualified

High Jump:

- Start with a “J” approach: run towards mat curving sideways w/inside leg parallel to the bar/mat --
- Take/push off from outside foot (farthest from bar), kicking inside leg (one closest to pit) 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!
- A jump is good if the bar stays intact after the jump
- If you don't use the correct technique (taking off one foot) or hitting the bar with your hand before you go over it, it is a scratch

Hurdles:

****Safety Key.....always approach and jump hurdle from “bar towards you side”**

- Running start at hurdle-student does not have to attempt if concerned for their own safety
- Just before hurdle, kick dominant leg up (**lead leg**) and over hurdle
- Non-dominant leg (**trail leg**) should be lifted/tucked/bent and pulled across hurdle after dominant leg
- Snap dominant front foot to ground as quickly as possible, regain balance, continue to next hurdle.

TRACK AND FIELD DAY EVENT LIST:

RUNNING EVENTS: 800 METER RELAY
50 METER DASH (6TH GRADE ONLY)
100 METER DASH
400 METER RUN
200 METER DASH
800 METER RUN (7TH & 8TH GRADE ONLY)
HURDLES
400 METER RELAY

FIELD EVENTS: SHOT PUT, HIGH JUMP, LONG JUMP

TRACK / FIELD EVENT TO THE FITNESS COMPONENT MOST UTILIZED

50 m dash, 100 m dash, 200 m dash, 400 m <u>relay</u>	- Speed
Shot Put	- Muscular Strength
400 meter run, 800 meter run, 800 m <u>relay</u>	- Cardio Vascular Endurance
High Jump	- Flexibility
Hurdles	-Speed, Strength and Flexibility

Other Key Points:

1 lap around track is 400 meters; mile is 1600 meters

Each Relay consists of **4** runners

Sprinting form consists of arms bent, swinging from chin to hips or cheek to cheek.

A **staggered start** needs to be used in some races because the outside lane is the farther distance.

The term pace means to go at a steady and consistent speed.

VOCABULARY

6th Grade: Relay, Baton, Anchor, Staggered, Speed, Scratch

7th Grade: Pivot, Pace, Arch, follow through and landing

8th Grade: Power, Acceleration, and Muscle Group