

Understanding Athletics and Track Events

Chapter 4: Athletics and Track Events · Topic 1

Key Concept

Track events include sprints (short, fast races), middle-distance races, and relay races, where a team passes a baton between runners.

Field events include long jump, high jump, and throwing events like shot put and javelin, each testing different physical skills.

Proper technique, like a good starting position for sprints or correct form for jumping, helps athletes perform better and avoid injury.

Athletics builds physical fitness, discipline, and competitive spirit, and has been part of human sporting culture since ancient times, including the ancient Olympic Games.

Quick Revision Notes

- Track events include sprints, middle-distance and relay races.
- A relay race involves passing a baton between runners.
- Field events include long jump, high jump and throwing events.
- Shot put and javelin are throwing events.
- Proper technique improves performance and prevents injury.
- Athletics builds fitness, discipline and competitive spirit.
- Athletics has ancient origins, including the Olympic Games.
- Different events test different physical skills.

Practice Questions

- 1 Practice a sprint start technique.
- 2 Try a simple long jump or high jump technique.
- 3 Research the origin of the ancient Olympic Games.
- 4 Discuss the difference between track and field events.
- 5 Practice passing a baton with a friend for a relay.
- 6 Watch or discuss an athletics event and its rules.