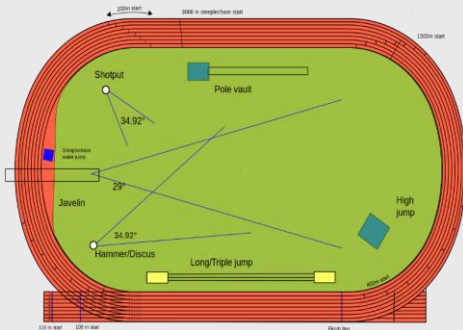


ATHLETICS

TRACK



K S 3



MOST IMPORTANT COMPONENTS OF FITNESS

Speed – to get the best possible time.

C.V Endurance – to maintain your running speed for as long as possible.

SKILLS

Running technique

Arm action

Stride

Knee lift

Pacing

Relay Changeover –

upswEEP / down sweep

TACTICS

Who runs where on relay?

Pacing

REGULATIONS

At the start of a race you should stand back from the start line.

The starter will call “On your Mark” - you move up to the start line.

The starter will call “Set” – you get ready to start.

The starter will shoot the starting pistol or blow a whistle – you go!!

School Regulations.

When you finish a race you will be told a number.

Do not forget the number.

When your number is called out say your SURNAME – the teacher will then tell you your time.

RULES

At the start you need to be in the correct lane with your feet behind the start line.

You need to wait for the gun before you start or it will be called a False Start.

For some events you must stay in your lane for the whole or part of the race. Stepping on the line is leaving your lane!