

PERFORMANCE FACULTY

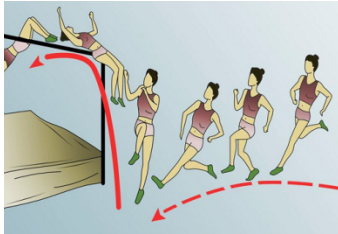

Faculty
organiser

Performance
knowledge

Athletics



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Key Skills/ Techniques	Safety Aspects	Key words/Phrases
<p>Sprinter- Even distribution of body weight, forward lean body position, explosive push off from the blocks from legs, swing arms in opposition direction to the legs, sprint forwards keeping eyes looking in the direction of the run. Don't slow until you have passed the line</p> <p>Long jump- Gradually run up to the take-off bar, take off foot should be planted flat to the ground, and using the opposite foot, push upwards to enable the body to go into the air. The rest of the body should be standing in a tall upright position, lead knee and opposite arm should swing upwards, looking ahead. On landing, plant heels into the sand and throw the body forward.</p> <p>High Jump- Short curved run up from either left or right. Take off from the foot furthest from the mat. Push off from the take- off foot and flex opposite leg. Rotate the body in air so back is facing the pole. The uplift of the legs will enable to body to be lifted over the bar.</p> <p>Shot Put- Hold shot at the base of fingers (clean palm-dirty fingers).Keep shot close to or touching neck – think clean palm, dirty neck .Keep elbow high and push shot upwards into chin line. Knees bent and stand side on. Weight is initially on back leg and use</p>	<p>Track events Athletes wearing appropriate clothing and shoes - jewellery removed or protected (studs). Be conscious that grass and synthetic surfaces become slippery in wet conditions</p> <p>Throwing events Cage is safe and cage doors appropriately set Discus, Shot, Hammer throwing circles are dry and clear of foreign objects Check equipment is safe to be thrown. Never stand in front of the thrower Never stand in the cage with a thrower Never throw towards anyone - therefore the thrower must look to ensure that the landing area is clear before throwing Never run with a javelin or run to collect it Always carry javelins vertically, point down in front of you Always push the javelin into a vertical position, then pull it vertically from the ground</p> <p>Athletic values</p> <p>Friendship- Understanding different cultures and ethnicities and still sharing a mutual interest Equality- Treating everybody the same, despite their race, gender or religion.</p>	<p>Ready position Take off Inflight Landing Fosbury Flop Power Hand eye co-ordination Speed Cardiovascular Endurance</p> <p>Pictures</p>  

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opposing hand to identify where you want the shot to land. Chest and head should finish high. Do not 'Throw' the shot, 'Push' it.

Discus- Stand facing the throwing direction. Take a step with your right foot. The majority of your body weight must be on the right foot. Put your body in an athletic position in relation to your right leg. The alignment of your body should be chest- right knee- right toe

Javelin- Hold the javelin in the crease of your hands and wrap fingers over the top. Hold javelin close above your head, Point your elbow slightly forward, while keeping your bicep parallel to the ground. Turn your palm toward the sky, creating a natural platform for the javelin to rest on.

Determination- The drive and motivation to overcome both physical and mental barriers in order to achieve your goals.

Respect- This considers elements of fair play, knowing one's own limits and taking care of one's health and the environment

Excellence- Being the best that you can be and settling for nothing less

Courage- Believing in yourself and having the strength to challenge yourself even when things are difficult and may seem impossible.

Inspiration – Motivated by the achievements and actions of others and to be a positive example to others.

