ATHLETICS

Inclusion & Differentiation

Remember you can adapt the Space, Task & Equipment to suit the individual needs of the children and young people in order for them to attempt the activity.

For an appropriate level of challenge for the age and ability of the players you can...

Space change the size of the space, distance to targets or the areas in which to score points in.

Task change the demands, rules of the activity, number of times the task is repeated, teaching cues, direction/level/pathway of movement or length of time to complete the task.

Equipment change the amount, size, shape, height and weight of the equipment.

People change how the activity is participated in by working in pairs, small groups, large groups. Consider how competition can change the meaning of the activity.

Further Support

For further info, queries and questions please contact your School Sport Manager.

Young Leaders Roles & Responsibilities

Lead by confidence, example and integrity
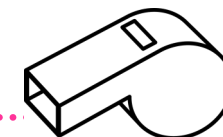**E**ncourage and give positive feedback throughout the activity
Adapt activities to make them easier or harder
Demonstrate the task clearly
Explain the task clearly and concisely
Record, track and celebrate Personal Best
Set up and manage safe activities, ensuring the safety of student at all times

Safety

★ Wear suitable shoes that are fastened securely.
★ Set up activities in a clear space away from obstacles.
★ Ensure adequate space between activity stations.
★ Use equipment that is age and ability appropriate.

HONESTY   PASSION   RESPECT   SELF BELIEF   TEAMWORK   DETERMINATION

ATHLETICS
Activity 1: Jumps

northamptonshire sport

UNITED BY BIRMINGHAM 2022

★

Rules

Standing Long Jump

★ Athlete stands with both feet behind the designated take-off line.

★ Athlete must take off and land 2 footed from a standing start – bending knees as they land.

★ The distance jumped is the measurement from the take-off line to back of the heel closest to the start. A marker can be placed behind the heel to help with this.

★ The athlete has 5 attempts in total.

★ Place different coloured markers at the upper end of each scoring zone to make it easier to allocate the athlete their points.

Scoring

0m - 0.90m = 1 point
1.0m – 1.40m – 2 points
1.50m – 1.90m = 3 points
2.0m – 2.40m = 4 points
2.5m+ = 5 points

★ ★

Rules

5 Strides

★ Athlete stands behind the take-off line - they may crouch/rock before the jump, but leading front foot must not break contact with the ground before the start of the jump.

★ Athlete takes 5 bounding strides in a continuous forward motion.

★ The distance jumped is the measurement taken from the take-off line to the back of the heel closest to the take-off line on the final landing.

★ The athlete has 5 attempts in total.

★ Place different coloured markers at the upper end of each scoring zone to make it easier to allocate the athlete their points.

Scoring

0m – 2.0m = 1 point
2.1m – 4.0m – 2 points
4.1m – 6.0m = 3 points
6.1m – 8.0m = 4 points
8.0m+ = 5 points

★ ★ ★

Rules

Standing Triple Jump

★ Athlete stands with both feet behind the take-off line.

★ A one footed take off starts the hop with the athlete landing onto the same foot, the step is taken onto the other foot after which the jump is performed by landing on both feet – athlete must land on 2 feet or jump is classed a no-jump.

★ Athlete does not need to hold the landing position and may step forward after landing.

★ The distance jumped is the measurement from the take-off line to back of the heel closest to the take-off line.

★ Place different coloured markers at the upper end of each scoring zone to make it easier to allocate the athlete their points.
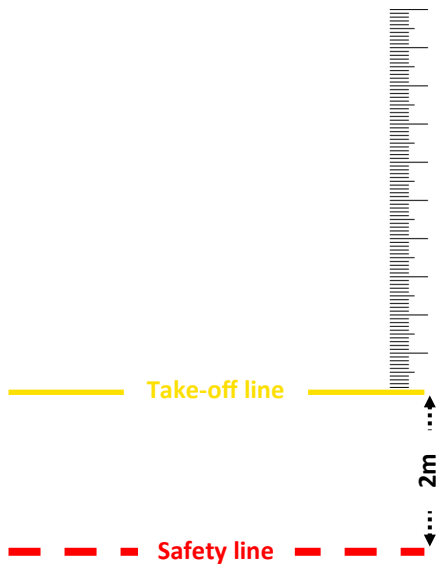
Scoring

0m – 3.50m = 1 point
3.6m – 5m = 2 points
5.1m – 6.5m = 3 points
6.6m – 8m = 4 points
8m+ = 5 points

Equipment

★ Standing long jump mat
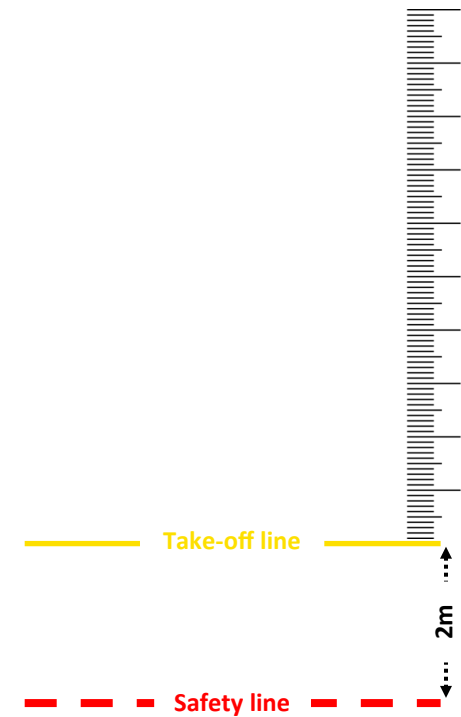★ *Alternative: dry grass area, school hall*
★ Markers/cones
★ Tape measure

5 ATTEMPTS

Activity layouts

★

Take-off line

2m

Safety line

Advance challenge
★ Increase the distance between the scoring zones.

★ ★

Take-off line

2m

Safety line

Advance challenge
★ Increase the distance between the scoring zones.

★ ★ ★

Take-off line

2m

Safety line
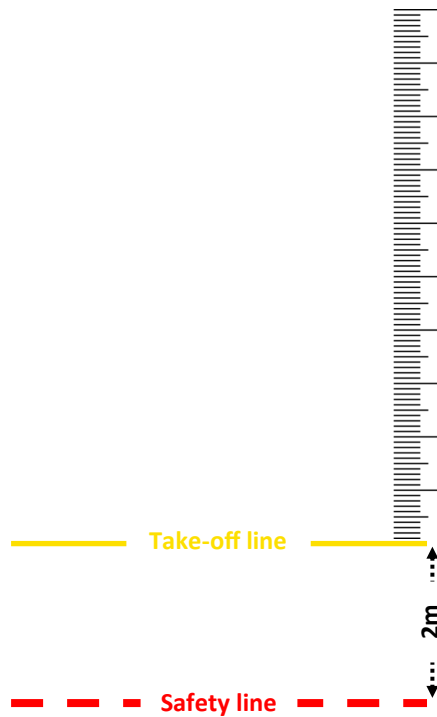
Advance challenge
★ Increase the distance between the scoring zones.

⭐

Rules
Bean Bag Throw
★ Athlete stands with both feet behind the throw line.
★ Athlete throws a bean bag from a standing position, with both feet behind the throw line.
★ The athlete must not step onto or cross the marked throw line, as this throw will be classed as no-throw.
★ The athlete may throw underarm but should be encouraged to use a pull throw action (javelin throw technique).
★ Each athlete gets 5 throws.

Scoring
Zone 1 = 1 point
Zone 2 = 2 points
Zone 3 = 3 points

⭐ ⭐

Rules
Vortex Howler Throw
★ Athlete stands with both feet behind the throw line.
★ Athlete throws a vortex howler from a standing position, with both feet behind the throw line.
★ The athlete must not step onto or cross the marked throw line. If the athlete crosses the throw line the throw will be classed as no-throw.
★ The athlete should use a pull throw action (javelin throw technique).
★ Each athlete gets 5 throws.

Scoring
Zone 1 = 1 point
Zone 2 = 2 points
Zone 3 = 3 points

⭐ ⭐ ⭐

Rules
Javelin Throw
★ Athlete stands with both feet behind the throw line.
★ Athlete throws a javelin from a standing position, with both feet behind the throw line.
★ The athlete must not step onto or cross the marked throw line. If the athlete crosses the throw line the throw will be classed as no-throw.
★ The athlete should use a pull throw action (javelin throw technique).
★ The throw is measured from the front of the throwing line to where the tip of the javelin first makes contact with the ground.
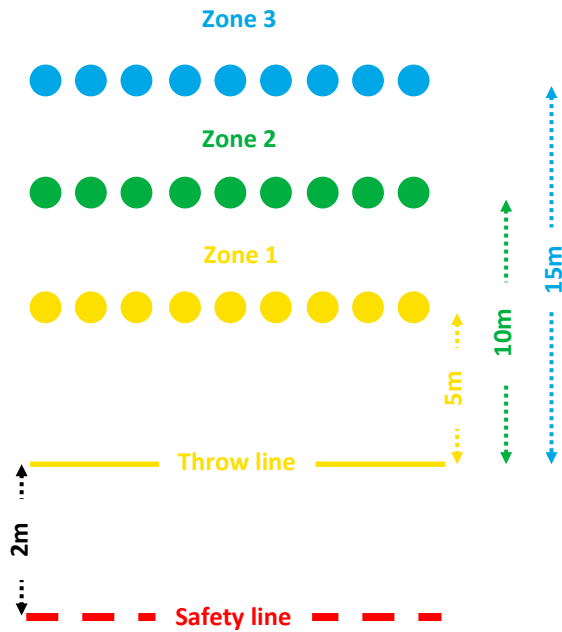★ Each athlete gets 5 throws.

Scoring
0m – 10m = 1 point
11m – 15m = 2 points
16m – 20m = 3 points
21m+ = 4 points

Equipment
★ Bean bags
Alternative; tennis balls, small plastic balls, sponge balls
★ Vortex howler
★ Javelin; foam or proper
★ Markers/cones
★ Tape measure

5 ATTEMPTS

Activity layouts ▶▶▶

★

Zone 3

Zone 2

Zone 1

15m

10m

5m

Throw line

2m

Safety line

Advance challenge
★ Increase the distance between the scoring zones.
★ Throw a tennis ball instead of a bean bag.

★ ★

Zone 3

Zone 2

Zone 1

20m

15m

10m

Throw line

2m

Safety line
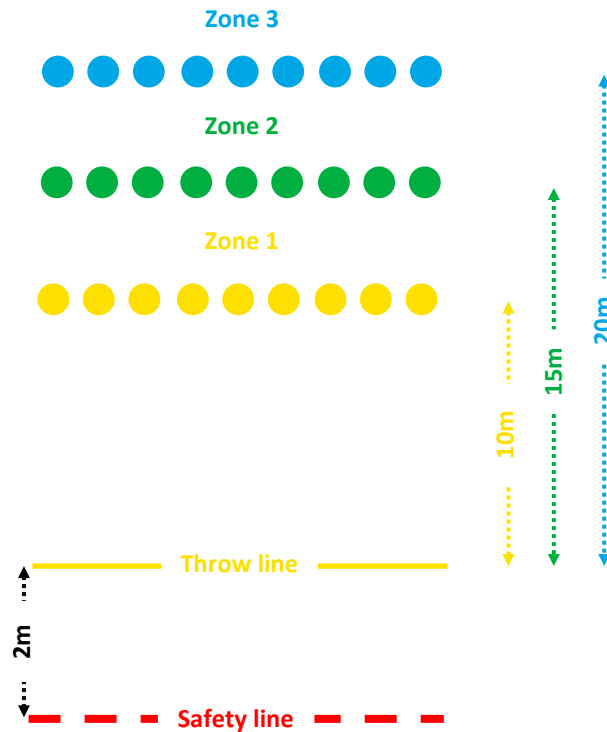
Advance challenge
★ Increase the distance between the scoring zones.
★ Throw a javelin instead of a vortex howler.

★ ★ ★

Throw line

2m

Safety line
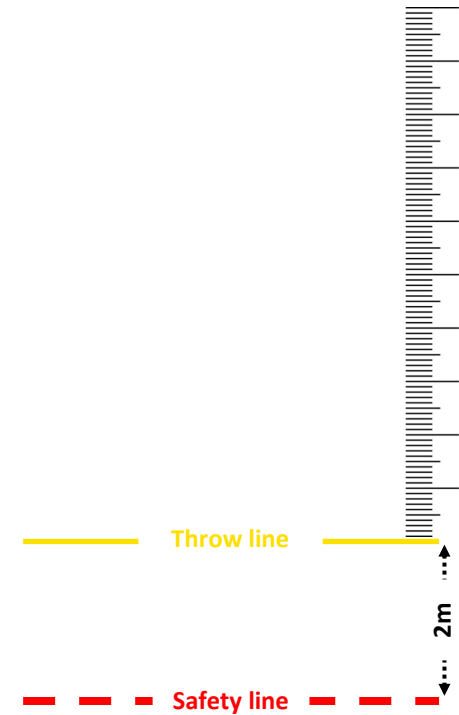
Advance challenge
★ Introduce a run up before throwing the javelin.

UNITED BY BIRMINGHAM 2022

northamptonshire sport

★

Rules
50m
★ Athlete takes their marks behind a start line.
★ On 'Go' the stopwatch is started and the athlete sprints to the opposite cone touches it and sprints back to the start line.
★ Athlete repeats the 'out and back' shuttle again to complete 50m (4 x 12.5m shuttles).
★ Athletes to focus on using their arms correctly to help power them.
★ Each athlete gets 3 attempts.

Scoring
5 – 6 seconds = 5 points
7 – 8 seconds = 4 points
9 – 10 seconds = 3 points
11– 12 seconds = 2 points
13+ seconds = 1 point

★ ★

Rules
75m
★ Athlete takes their marks behind a start line.
★ On 'Go' the stopwatch is started and the athlete sprints to the opposite cone touches it and sprints back to the start line.
★ Athlete repeats the 'out and back' shuttle twice more to complete 75m (6 x 12.5m shuttles).
★ Athletes to focus on using their arms correctly to help power them.
★ Each athlete gets 3 attempts.

Scoring
9 - 10 seconds = 5 points
11 – 12 seconds = 4 points
13 - 14 seconds = 3 points
15—16 seconds = 2 points
17+ seconds = 1 point

★ ★ ★

Rules
100m
★ Athlete takes their marks behind a start line.
★ On 'Go' the stopwatch is started and the athlete sprints to the opposite cone touches it and sprints back to the start line.
★ Athlete repeats the 'out and back' shuttle again to complete 100m (4 x 25m shuttles).
★ Athletes to focus on using their arms correctly to help power them.
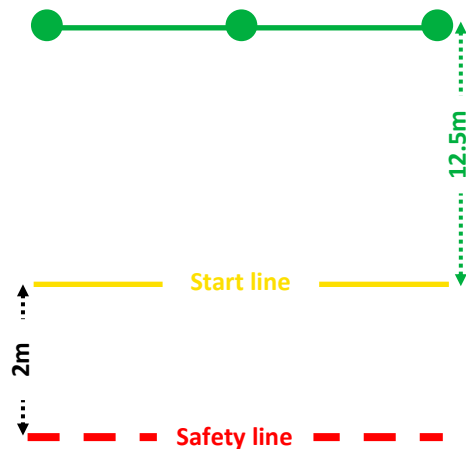★ Each athlete gets 3 attempts.

Scoring
10 – 12.49 seconds = 5 points
12.50 – 14.49 = 4 points
14.50 – 16.49 seconds = 3 points
16.50 – 18.49 seconds = 2 points
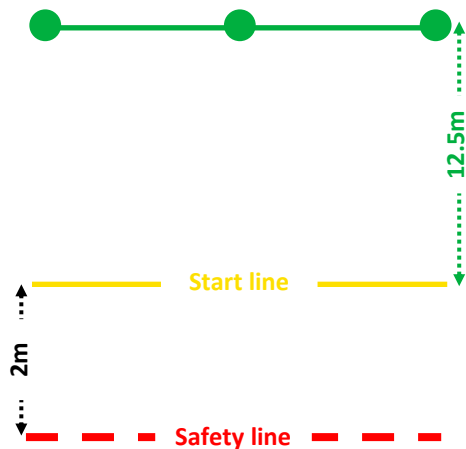18.5+ seconds = 1 point
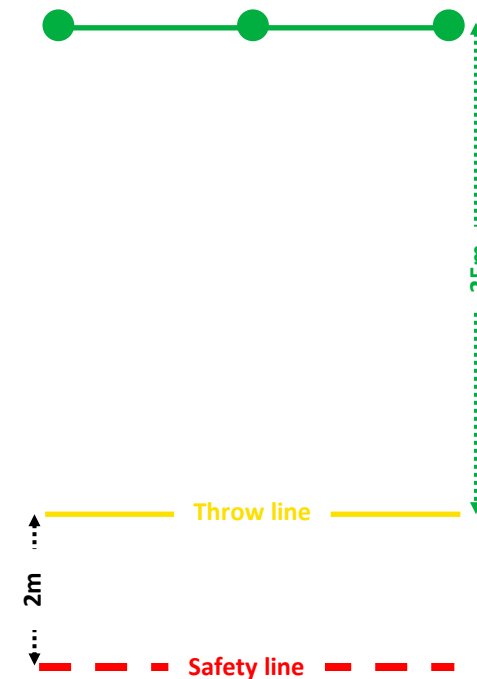
Equipment
★ Stopwatch
★ Markers/cones
★ Tape measure

3 ATTEMPTS

Activity layouts

★

12.5m

Start line

2m

Safety line

Advance challenge
★ Reduce the number of shuttles but increase the distance to the opposite cone i.e. 25m.

★ ★

12.5m

Start line

2m

Safety line

Advance challenge
★ Reduce the number of shuttles but increase the distance to the opposite cone i.e. 25m.

★ ★ ★

25m

Throw line

2m

Safety line

Advance challenge
★ Reduce the number of shuttles but increase the distance to the opposite cone i.e. 50m.