

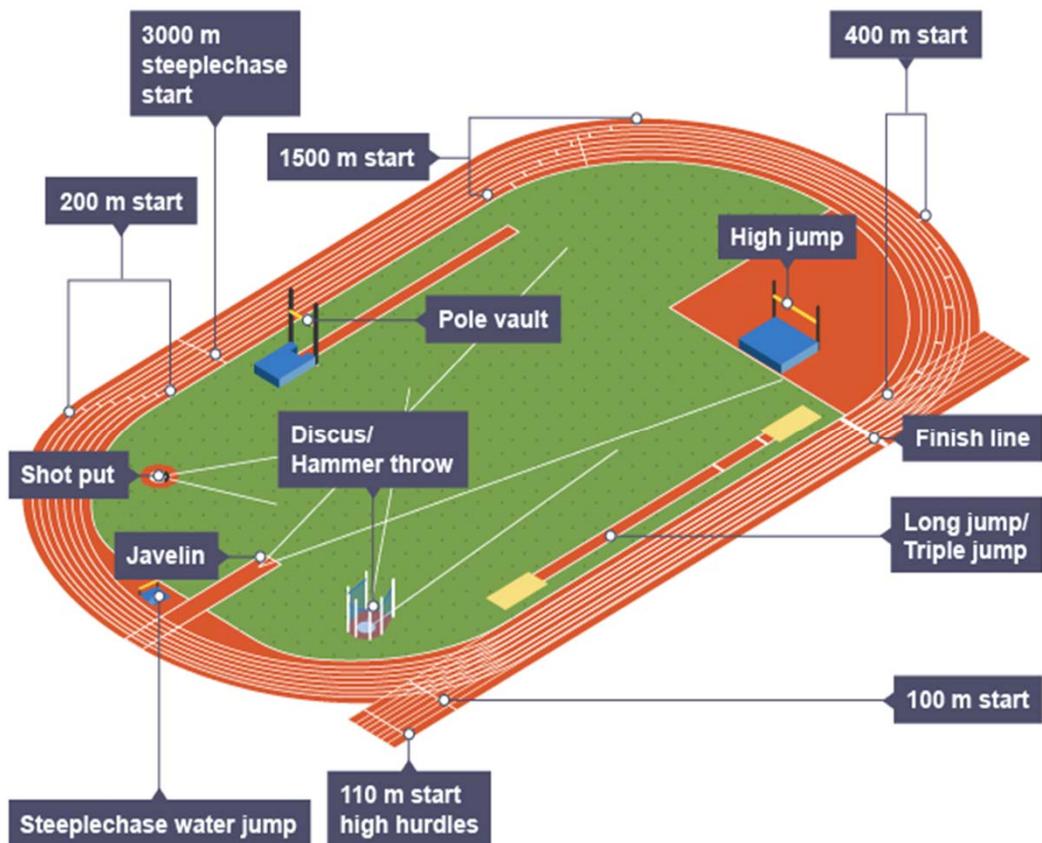
Subject Knowledge Organiser

Athletics – Competition, Scoring & Officials

Competition

Athletics is a collection of sporting events that consist of the three major areas of running, jumping and throwing. The running events include sprints, middle and long-distance events and hurdling. Jumping events include the long jump, high jump, triple jump and pole vault, while the throwing events include the discus throw, hammer throw, javelin throw and shot put. There are also combined events, such as the decathlon for men, which consists of ten events, and the heptathlon for women, which consists of seven events.

Shown below is a typical competition area for athletics.



Scoring

Success in athletics is judged on times and distances rather than points or goals.

Track events – These races are started with an electronic pistol which is only sounded again on a false start. In races that are very close, officials use a digital line-scan camera across the finish line to give them a photo finish picture. The clock stops when an athlete has passed through the finish line.

Jumping events – These events are measured from the front edge of the take-off board to the first mark made in the sand by the athlete. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three jumps.

Throwing events – These events are measured from the front edge of the throwing line to the first mark made in the ground by the implement. The distance is always measured to the nearest centimetre and athletes will always be given a minimum of three attempts.

Officials

An athletics competition requires a wide range of officials. These include:

Starter – Starts all track events.

Starter's marshals – Line up competitors in correct order ready for starting.

Timekeepers – Provide official times for all track competitors.

Place judges – Ensure the correct order of positions are given.

Field event judges – Measure, record and let athletes know when it is safe to compete.

Relay judges – Make sure runners at change-overs are in the correct lane and within the change-over box.

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Athletics – Track, Jump & Throw

Sprint

This track event is a short running race. There are generally three different sprint distances: 100m, 200m, and 400m.



Drive phase

The drive is where you are looking to cover as much ground as possible through each stride, pushing with the leg that is in contact with the ground and driving the free leg through. In this phase the head must follow the body.

Transition phase

This transition phase is when you smoothly and gradually come upright into your stride. This is when you start move at a slightly faster tempo and begin to reach top speed.

Fly phase

The fly phase is when you are fully upright and at top speed. The key to maintaining as much top end speed as possible is a relaxed upper body and a quick foot contact and tempo.

High jump

This jumping event requires athletes to jump over the bar using the Fosbury Flop technique.



Stage one

Start 8-10 strides away from the barrier. Run in a curve with controlled speed. Lean your torso into the curve, the opposite side to the barrier. Keep your shoulder as high as possible.

Stage two

You are ready to jump at approximately one metre past the first post and an arm's length away from the mat. At this point, plant the take-off foot down. At the same time, drive your lead leg and arms upwards and shoulders high.

Stage three

In the air, keep driving upwards and bring your lead knee across the body to get shoulders parallel with the bar. Bring the arms forwards and back into the body. As your hips cross the barrier, flick your feet upwards and high over the barrier. Maintain balance and land safely.

Shot put

This throwing event requires athletes to throw a heavy metal ball called a shot as far as possible.



Stage one

Hold the shot at the bottom and place the thumb and little finger each side of the shot. Place the shot under the chin and touching the neck. Keep the throwing arm elbow high and the arm parallel to the floor. Stand on the balls of your feet with your knees bent and non-throwing shoulder pointing towards the throwing area.

Stage two

Lean backwards and place your weight on the back foot. Transfer the weight from the back leg to the front leg. Explode upwards, bring the hips around and forwards to face throwing area. Extend the throwing arm up quickly and powerfully. Finish with chest and head up.