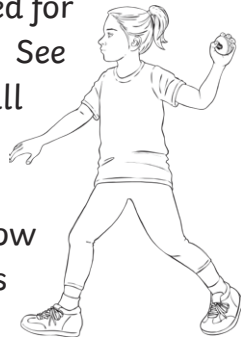


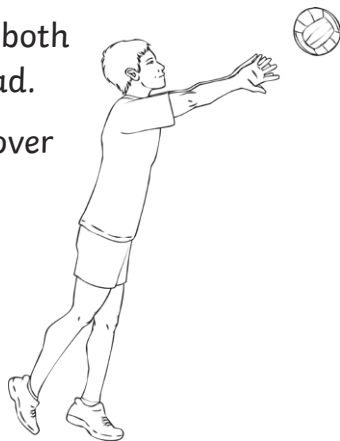
Athletics Activities

There are many different types of throwing techniques used in athletics. The one-handed pull throw technique is used for the javelin. This is the same technique used for an overarm throw in cricket. See how far you can throw a ball using the one-handed pull throw (overarm throw). See how accurately you can throw by placing hoops or markers to aim for.



Many other sports use different throwing techniques. The two-handed pull throw is used in football when making a throw in from the side-line. Have a go at using this technique and see how far you can throw a football.

- Position feet on the ground facing the direction of the throw.
- Hold the football with both hands behind your head.
- Bring the ball up and over your head, releasing it with a forward flick of the wrists.
- Keep both feet on the ground during the throw.



Hopscotch requires a combination of hopping and jumping. Design your own hopscotch grid with your own rules. You could include other shapes or spiral pathways on your grid. Or perhaps players could jump backwards or sideways through your grid.



Practise your running technique whilst running on the spot. Get a friend or family member to check you are doing the following things:

- Light, quick movements on the feet.
- Keeping a relaxed body.
- Lifting the knees up to a horizontal position.
- Keeping the arms bent and pumping.
- Keeping the head still and looking ahead.



Relay running requires good teamwork and communication as the runners pass and receive the baton between them. Practise passing a rolled-up newspaper or other baton shaped object between you and a friend or family member. One person must stand in front of the other with their arm stretched out behind them and their palm facing upwards ready to receive the baton. Keep facing forwards and don't be tempted to turn around as this would slow you down in a relay race. Practise doing it stationary and then gradually build up speed.

The modern pentathlon is an Olympic sport involving five different events: fencing, 200m swimming, show jumping, and a combined event of pistol shooting and a cross-country run. Design and take part in your own pentathlon with a friend or family member. Choose five events to compete in and invent your own scoring system.

