

THE HISTORY OF ATHLETICS

Athletics was first founded in Ancient Greece.

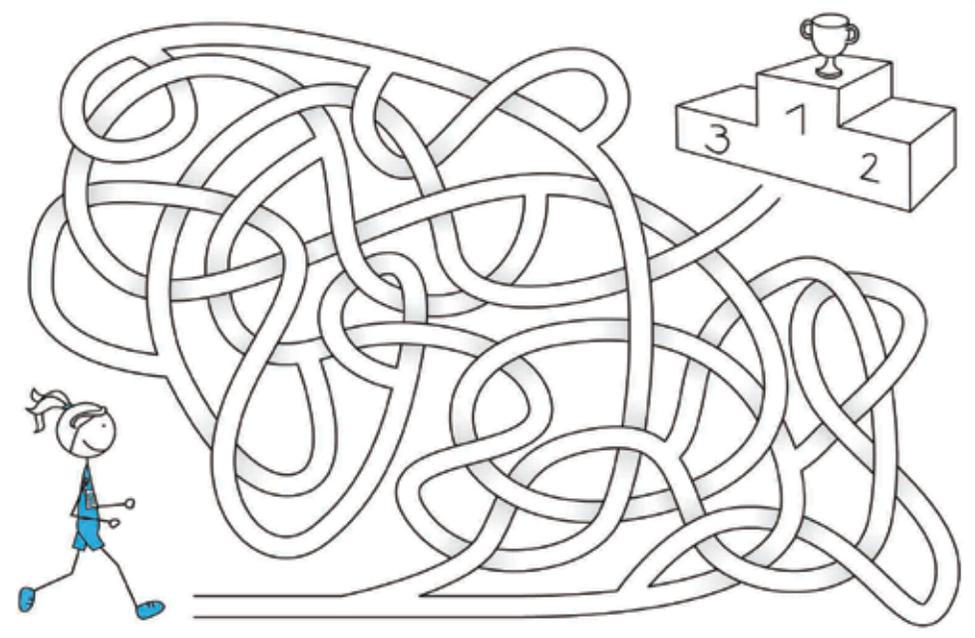
At the Ancient Greek Olympics the format was very similar to today. However, the running events were called 'stades', which involved sprinting from one end of the stadium to the other, which was about 190 metres. There also included two-stade races, 2 lengths of the stadium and longer-distance races of between seven and 24 stades.

The first Modern Olympic Games was held in Athens, in 1896. Athletes from all over the world competed and it was a huge success. The International Amateur Athletic Federation (IAAF) was later founded in 1912.

SCORING IN ATHLETICS

Final places and therefore medals are determined on distances and times. In field events, it is the person who has; thrown the furthest in shot/discus/ javelin/hammer; jumped the furthest in long jump/triple jump; the highest jump in high jump/ pole vault; or quickest time in track events.

Athletes compete in qualifying rounds called heats to get through to semi finals and finals. Gold, silver and bronze medals are awarded for each event, presented on a winners podium



Can you lead the athlete to the winners podium to collect the trophy?

EVENTS

Athletics is made up of three main areas:

- ★ Track events- running on the track e.g. 100m
- ★ Field events- jumps e.g. long jump, and throws e.g. javelin
- ★ Combined events- heptathlon for women and pentathlon for men.



THE HISTORY OF PARA – ATHLETICS

Sport for people with a disability has existed for over 100 years. But it was after World War 2 that formal competitions were created.

In 1944 Dr Ludwig Guttmann started a sports programme for people with spinal injuries at Stoke Man-diville Hospital in Surrey. Sporting activities encouraged the rehabilitation of injured war veterans. In 1948 London hosted the Olympic Games; Dr Guttmann held an archery competition for wheelchair athletes.

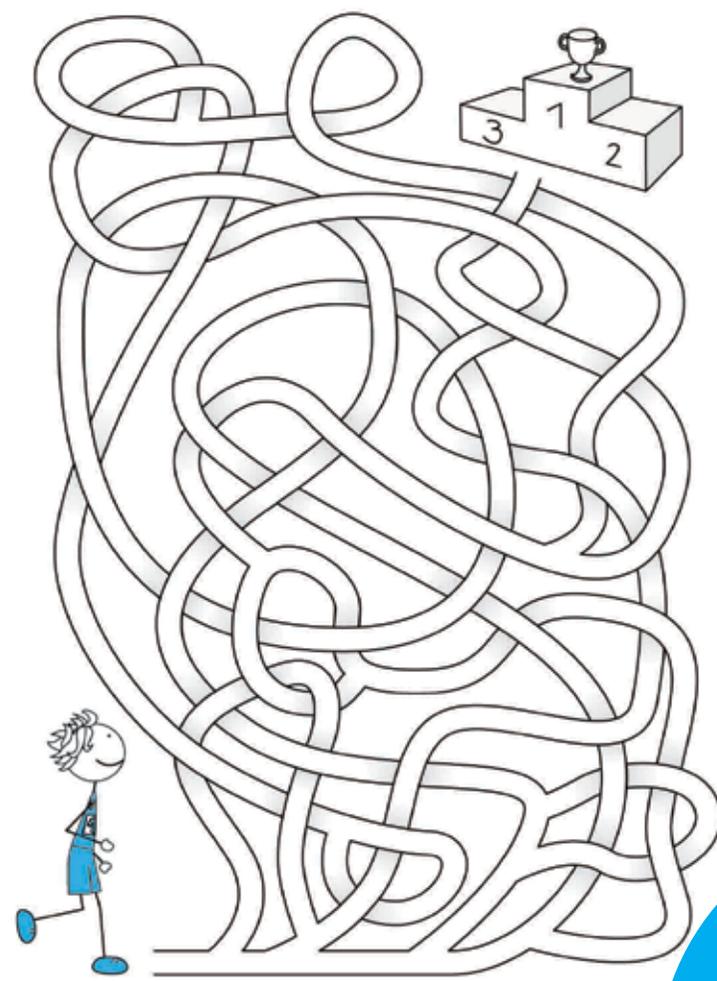
The first Paralympic Games were held in Rome, Italy along-side the 1960 Olympics. They are now held every 4 years parallel to the Olympics, hence the name Paralympics!

PARA – ATHLETICS CLASSIFICATION

Athletes with a disability are given a classification so people with similar impairments compete against each other; this makes competition fairer.

The classification is linked to the athletics events– running, wheelchair racing, jumps and throws. Classifications involve numbers and letters. T- for track, F-for field. The number showing the level of disability or different areas of disability.

Athletes compete using different adaptive equipment e.g. specialist racing wheelchairs, guide runners and prosthetics (if there is an impairments to a limb.)



Can you lead the athlete to the winners podium to collect the trophy?



PARA - ATHLETE PROFILES



JONNIE PEACOCK - MBE

- ★ T44 classification- Single below the knee amputation or an athlete who can walk with moderately reduced function in one or both legs.
- ★ He won 100m gold medals at the last 2 Olympic games; London 2012 and Rio 2016.
- ★ He was on Strictly Come Dancing, the first Paralympian to be on the programme.



HANNAH COCKROFT - MBE

aka Hurricane Hannah

- ★ T34 classification- athletes with cerebral palsy who use a wheelchair.
- ★ She holds the world records for the 100 metres, 200 metres, 400 metres, 800 metres and 1500 metres in her classification
- ★ Won 3 gold medals at the Rio Olympics in 2016.

TASK

- Dame Tanni Grey-Thompson -----
- David Weir -----
- Libby Clegg -----
- Stef Reid -----
- Rachel Williamson -----
- David Henson -----

Task

Time yourself running 10 metres as fast as you can, 10 times.

How far did you run in total?

What was your fastest time?

What was your slowest time?

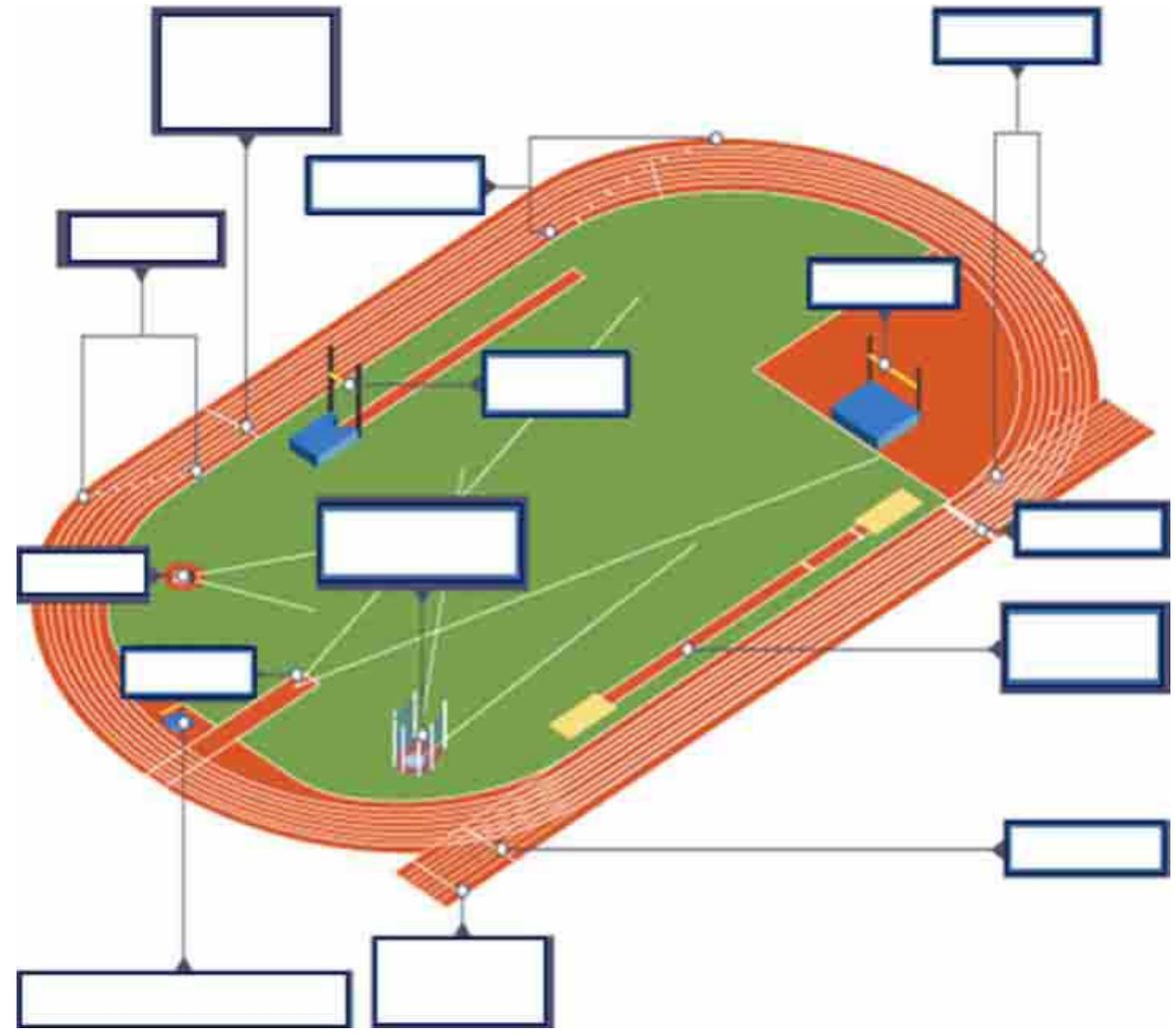
What was the mean time?

What was the mode time?

What was the median time?

Usain Bolt holds the world record for the 100m sprint at 9.58 seconds. What is the difference in time between your total time and the record time?

LABEL THE DIAGRAM BELOW WITH THE CORRECT ATHLETICS EVENT



1. High jump
2. Pole vault
3. Long / triple jump
4. 100m start
5. 110m hurdles start
6. 200m start
7. 400m start
8. 1500m start
9. 3000m steeple chase start
10. Steeple chase water jump
11. Discus / hammer
12. Javelin
13. Shot putt
14. Finish line



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