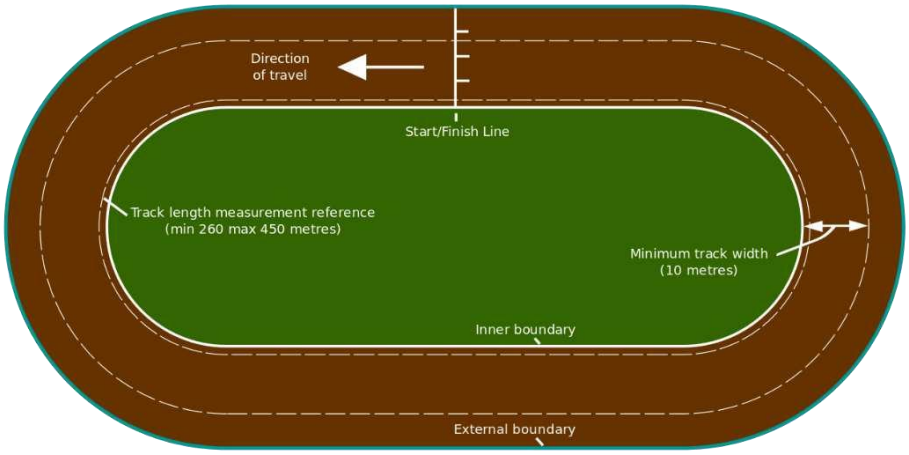
PHYSICAL HEALTH EDUCATION
GRADE 4

ATHLETICS TRACK



- It is a ground or surface that is oval in shape.
- It comprises of two parallel sides joined together by two semi-circular bends.
- An athletics track has a starting and finishing pot for different races .

Safety tips while using the athletic track

As you participate in running 100m and 200m, you need to observe the following safety measures:

1. Perform warm up activities before running
2. Do not cross in front of each other while running
3. Look out for objects like stones and remove them from the track.
    - The safety precautions assist to avoid injury of self and others while using the athletic track. You are therefore required to observe these rules for your own safety.

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