GRADE 5 PHYSICAL HEALTH EDUCATION LESSON NOTES 2021

Games And Sports.

Athletics: *Track Events.*

Track events are athletics events that involve running or walking around an athletics track.

The track events include the following.

a) Medium sprint start.
b) Elongated start.
c) Run through finish technique.
d) Improvising the relay baton.
e) Visual baton exchange technique.
f) Phases in hurdling.

Sprints are short races that require an athlete to make use of crouch stance when in starting position.

The main types of crouch start in this level are medium sprint start and elongated sprint start.

In an elongated start, the knee of the rear leg is placed slightly behind the front foot heel and the feet are spread out slightly wider than medium start.

Run through finish technique is one of the three types of common methods of finishing races.

[1]In run through finish technique, the athlete crosses the finish line at top speed when the trunk is leaning forward with shoulders and chest.

Hurdling phases include.

a) Approach.
b) Take off.
c) Flight or hurdles

clearance. ***Drills;***

a. Box drill.
b. Single leg box drill.
c. Reaction drill.

Medium Start In Sprints.

How to perform a medium sprint start.

✔️ At the command ‘’on your marks’’, the body should be in a crouch position.

✔️ Do not touch either the start line or the ground beyond it with your hands or feet.

✔️ Place your hands shoulder width apart on the ground.

✔️ Place the foot of the leading leg behind the starting line with the knee bent.