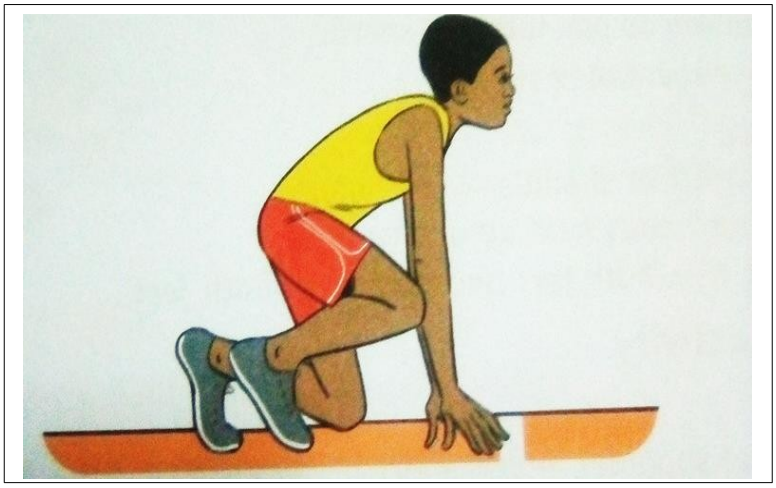
GRADE 6 TERM 1 PHYSICAL & HEALTH EDUCATION LESSON NOTES

ATHLETICS: TRACK EVENTS

Bunch Start

- Also known as the bullet start.
- In this start the knee of the rear leg is opposite the toe of the leading leg.
- The hands are placed shoulder width apart behind the starting line.



Safety instructions

- Use your lane and stick to it
- Wear appropriate PHE attire during activity.
- Follow teacher's instructions
- Warm up adequately before participating in an activity

Warm up activities

1. **Running on the spot**

- Learning points for running on the spot
- Lift your right arm and left foot at the same time
- Raise your knee
- At the same time, move your right arm and your left arm forward and up
- Switch to the opposite foot quickly
- Start slowly as you increase speed
- Continue the these movements

2. **Rabbit hops**

- Stand with feet shoulder width apart
- Keep your hands held at the chest
- Take off with both feet and land with both feet.