

WHAT IS TRACK AND FIELD?

This sport originated in Greece, and it is all about outperforming opponents in speed, endurance, distance, or height. It is the first Olympic event and includes a set of sports involving the motor skills that serves as the basis for a multitude of other sports. These are grouped into **running, jumping, throwing, combined races** and **walking**. The skills you need for the different sports are **speed** (e.g., 100 m), **endurance** (e.g., marathon), **strength** (to throw things far), **power** (to jump far or high), **coordination** (to use the right muscles at the right time), **concentration** (to focus on the task) and **flexibility** (to avoid injury).

▶ Video created by **Athlétisme Montréal** on their YouTube channel: <https://www.youtube.com/user/ClubVainqueurs>

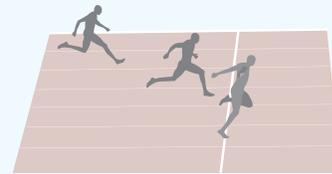
EQUIPMENT

-  1 large pit (or sand pit)
-  Cones
-  Hula hoops
-  4 agility ladders
-  Medicine balls
-  Balls
-  Vortexes and javelins (foam and non-foam)
-  Stopwatches
-  Sandbags
-  Numbered jerseys (t-shirts in the same colours)

HOW TO MAKE THIS ACTIVITY A SUCCESS



Be as **quiet** as possible during the race (tip toe and light steps).



Do not cross another runner's **running lane**.



When doing long jumps, **break your fall** with your feet flat and knees bent (in pits or sand pits).



Before throwing, make sure that the **landing zone** is clear.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



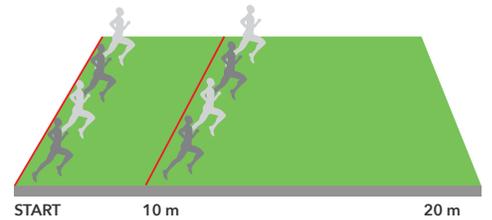
Solo



If your gym is too small, don't hesitate to go **outdoors**, especially with high school kids. The pit should be kept indoors and can be replaced with a sand pit outside for long jump activities. This is a perfect activity to do on your own.

EQUIPMENT: Some **OBJECTIVE:** Learning dynamic movements (skips).

Divide the group into **two lines** (base of the field and 10 m). Experiment with **dynamic movements** over **10 m** (such as high knees, outstretched legs and leaping strides). At the signal, sprint to the next line.

**VARIATIONS:**

- Add a starting position: **supine** (lying on the ground), **prone** (lying on the ground), **pole** (standing, legs and arms together), **squat** (hands on the ground), **dynamic, tripod** and **four-legged**.



To run faster, leap like a cat, push off the ground with your feet, look ahead and stay in your lane. Point out that some positions don't really work, since it takes time to "get out" of them, overcome inertia and go into a sprint.

DYNAMIC**TRIPOD****FOUR-LEGGED**

TECHNICAL ACTIVITY

JUMPING

EQUIPMENT: Tape (or chalk), several , 1  (or sand pit) and several **OBJECTIVE:** Jumping far.**THE SIMPLE JUMP - Long jump without run-up**

Starting on a line, leap on both feet to jump as far as possible and land on both feet.

THE LINE - Long jump without run-up

Jump with **both feet** on a **10 m** or **15 m** line (on the ground) with **as few jumps as possible**. Touch the line with at least one foot (otherwise, add a one jump penalty). Same penalty if you put one hand on the ground.

**THREE STEPS - Triple jump**

Jump as far as possible without a run-up by taking **three steps** (R-R-L-jump-landing with both feet or L-L-R-jump-landing with both feet). Place hula hoops on the ground, if necessary.

THE LITTLE MAN - Long jump with run-up

Run and jump to land like a "little man" in the pit. Grow taller during the run-up (the higher the pit, the more you must lift your legs to jump far). Try different distances for the run-up.



PIT or SAND PIT



Place your **feet in front of you** to land in the sand pit. Keep your **arms in front of you** to avoid placing your hands behind your backside when landing and injuring your wrists.

TECHNICAL ACTIVITY

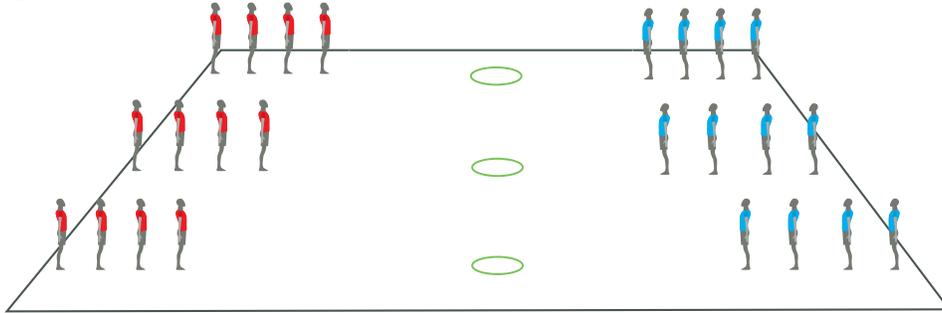
BLUE VS. RED



EQUIPMENT: Some  and some 

OBJECTIVE: Running fast for a short distance.

Organize **two teams** (blue and red) into columns to the left and right of the hula hoops. Each has one sandbag. At the signal, the first person in each column runs to the hoop to drop the bag in it. Add a line on either side of the hoops that cannot be crossed (distancing). The goal is to be faster than your opponent. If you do not drop the bag, you must keep it in your hand. When all the players have completed the game, count the number of sandbags that each team has. Whoever has the fewest bags wins the game!



TECHNICAL ACTIVITY

THROWING

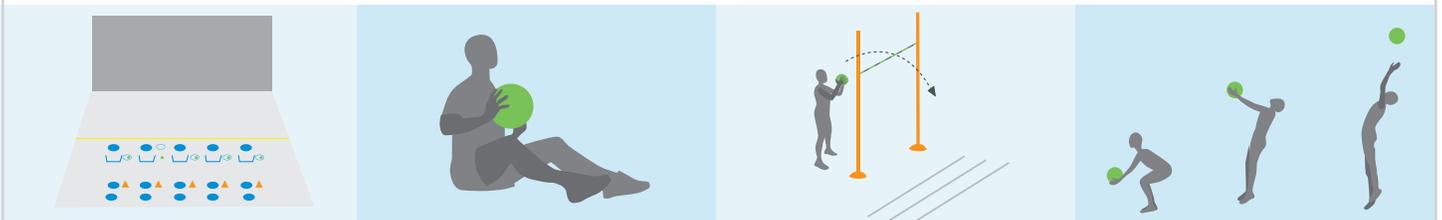


EQUIPMENT: A few , , ,  and 

OBJECTIVES: Throwing an object with one or two hands and taking a three-step run-up to throw farther.

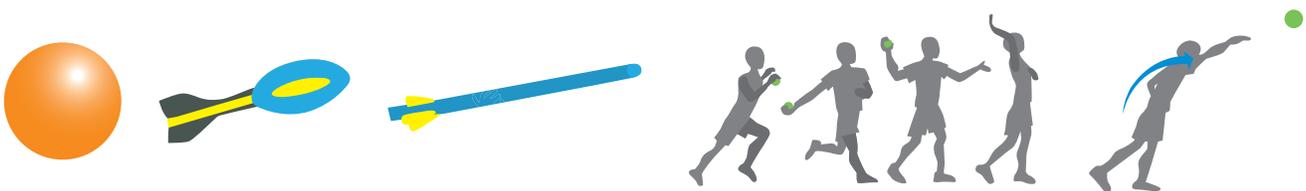
THE HEAVY BALL - Throwing over the shoulder with two hands

Throw a medicine ball weighing about 1 kg as far as possible with **both hands** from a sitting, standing, **forward** or **backward** position.



BALLS, VORTEXES AND JAVELINS - Throwing over the shoulder

Throw balls, vortexes and **foam javelins** at the wall (or divider curtain) with **one hand** at different heights. Hold the ball with your full hand. Hold the vortex and javelin in your hand, but keep them between your thumb, middle and index fingers.



 Throw from different **distances**, allowing for a **run-up** (finish with your foot opposite your throwing arm).

TECHNICAL ACTIVITY

RACING



EQUIPMENT: 3 sheets of paper, 4  and some 

OBJECTIVE: Run fast, using your arms and lifting your head.

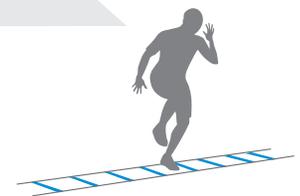
THE ROCKET - Running fast

Place a sheet of paper on your stomach and run **fast** enough so you don't have to hold it with your hands. Fold the sheet in 2, then in 4.



THE LADDER - Dynamic movements (skips)

Cross the agility ladder by using the mode of movement you prefer (such as high knees and strides) at a **steady pace**.



ENDURANCE ACTIVITY

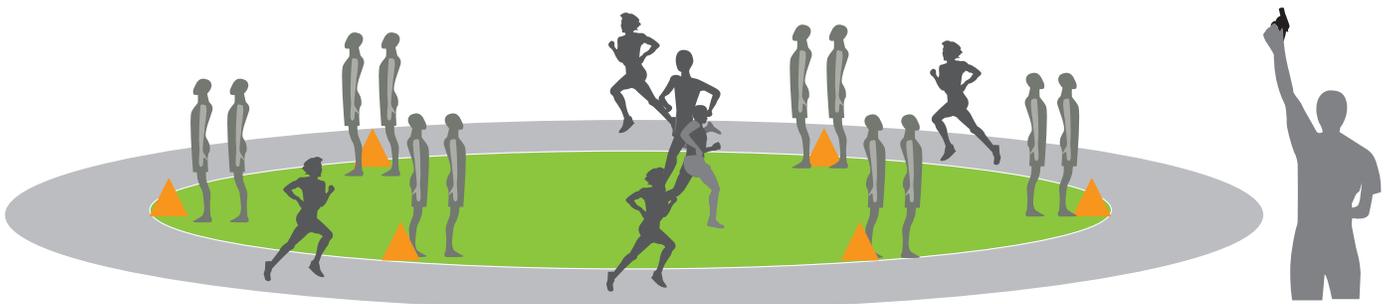
400 M TEAM EVENT



EQUIPMENT: 1  per team and 

OBJECTIVE: Doing a long sprint as a team.

In **teams of three** students, run **2000 m** as fast as possible on a 200 m track or circuit. Take turns running the number of laps you want and hand the baton over to the next person. Indicate the number of laps you need to complete to obtain the distance (in total and individually). **Start** at different spots on the circuit. Each team must count their laps, 10 in total, and clock their time.



 For starts, introduce the phrase, "GET READY, GO!"

 For more information on the **mini, indoor** and **outdoor track and field** leagues in your area, visit the RSEQ website.

RSEQ.CA

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