



CANADIAN OLYMPIC ACTIVITY CHALLENGE



ATHLETICS

Athletics includes track and field, cross country, road running, race walking, and mountain running. It is one of the oldest sports in the world. Many thousands of years ago, early civilizations held contests for running, walking, throwing, and jumping. Athletics was a feature sport in the Ancient Olympic Games, and was one of the original sports of the Modern Olympic Games. Athletics has been in every summer Olympic Games since.

Some of the most popular athletics events are the running races. The sprints are races that are run on the track, and are up to 400m long. Sprints also include relay races and hurdles. In a hurdles race, the runners have to jump over barriers on their way to the finish line. Distance races are races over 400m. This includes short track races like the 800m and long road races like the marathon.

There are four jumping events: long jump, triple jump, high jump, and pole vault. In long jump and triple jump the goal is to jump as far as possible. The jumper starts by sprinting down the runway and then launching themselves high in the air to add distance to their jump. In high jump the athletes leap over a bar and land on a foam mat. Pole vault uses a long fiberglass pole to propel the athlete high into the air and over a bar.

There are four throwing events in athletics and each one throws a different implement. The shot-put is a round steel ball. The discus is a weighted disc. Hammer throwers grab a handle at the end of a long metal wire that is connected to a round steel ball. The javelin is like an aerodynamic spear. The object is to throw the implement as far as possible, within a set boundary.

To learn more about athletics or to find a local club please visit: www.athletics.ca.



SCHOOL PROGRAM



FEATURED COUNTRY

GREECE



From the very early days of the Ancient Olympic Games (776 BC), athletics was the most important sport. The athletes ran all of the running events naked and barefoot, and competed for the honour of their cities. The Ancient Greeks didn't use a round track for their races. They raced on a long strip of sand called a stadion. At first, the sprint was the only event. Over time throwing and jumping events were added and longer distance races were contested by running back and forth from one end of the stadion to the other.

In 490 BC, Athens and Sparta were at war and there was a big battle on the plains of Marathon. When Athens defeated Sparta, they sent Pheidippides to run and bring the happy news to the rulers in Athens. It was a long run on a hot day and he arrived in Athens exhausted. Shortly after announcing the victory, he dropped dead. The marathon is a 42.2km race that honours Pheidippides' run.

FEATURED ATHLETE



DAMIAN WARNER

OLYMPIAN, RIO 2016, LONDON 2012

The decathlon is an event where athletes compete in ten events and are scored on their performances. Canada's Damian Warner is one of the world's best, winning bronze at the 2013 World Championships and gold at the 2014 Commonwealth Games. Warner improved his 5th place finish at the 2012 London Games by winning bronze at Rio 2016. This was Canada's first Olympic medal in the decathlon in over 25 years. That had followed a sensational summer in 2015, which began with a gold medal at the Pan American Games in Toronto where he broke the national decathlon record that had stood since 1996.

To learn more about Damian please visit olympic.ca.

ATHLETICS

ACTIVITIES

Described below are Daily Physical Activity athletics activities that can be used in the classroom and gym. Have fun!

SHUTTLE RELAY

Sprints and relays are two of the well-known events within athletics (track & field). Olympic athletes can run the 100m, 200m and 400m sprints, or compete in the 4x100m and 4x400m relays. The goals are to cross the finish line faster than your opponents, and to earn a personal best time.

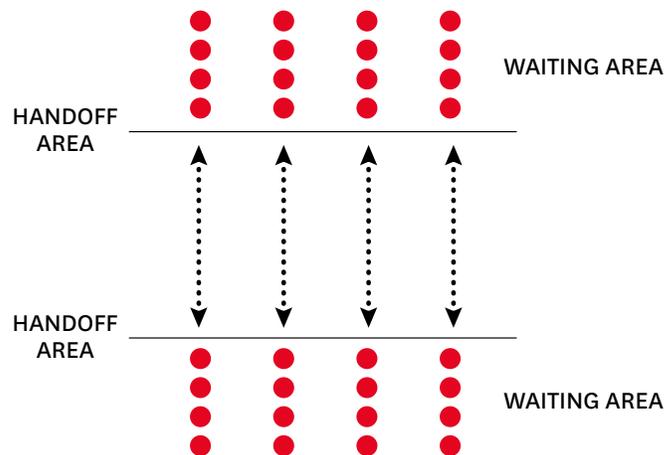
 **Participants:** Groups of 4 to 8

 **Space:** Classroom, Hallway or Gym

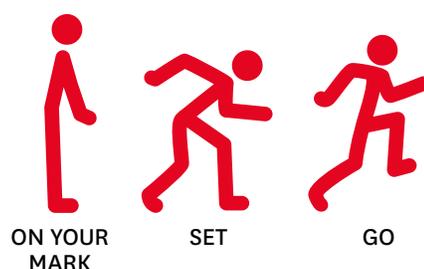
 **Equipment:** None required

SETUP:

- If doing this activity in a classroom, move desks and/or tables to create “lanes”. Line up facing each other a set distance apart.



- Notice the proper starting position. During the set position, you should have your opposite arm and leg forward. Teach your students the start position, “on your mark, set and go!”

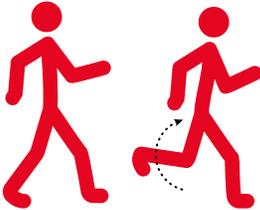


SHUTTLE RELAY

ACTIVITY DESCRIPTION:

WARM-UP

- The first person in each group starts when they hear the “go” command. Walk upright to your teammate across from you in line.
- When you reach the handoff area, tag your teammate’s hand. Continue the relay until each student has walked 2-3 times.
- Next, do “A’s” 2-3 times each. Then proceed to bum kickers 2-3 times each. If you have the space, do an acceleration sprint 2-3 times each.

1.WALKING	2. A'S	3. BUM KICKERS	4. RUNNING ACCELERATION
			<p>Start slow and accelerate, closer to max speed each time</p>

SHUTTLE RELAY RACE

- Start the race by saying “On your mark, set, GO!”
- The first runner sprints to other handoff area to tag their teammate!
- The winning team is the first team to be sitting down after all of their runners have completed 3 sprints.

ACTIVITY EXTENSIONS:

- Get creative with your movements! Come up with new, fun ways to move from the start line to the finish line.
- Use different starting positions. For example, start seated, on your stomach, or facing backwards.
- Mark off a track around your gym. Add some obstacles for an added challenge! Pick an object that you can “hand-off” to one another, mimicking the hand-off of a baton during the relay.

FLIGHT SCHOOL

Long jump is one of four jumping events in athletics. The others are triple jump, high jump and pole vault. In long jump, the athletes take a running start and leap as far as possible from a take-off board. They land in a sand-filled pit. Since most gyms and classrooms don't have sandy pits, standing long jump is a safe way to learn the proper jumping technique. Welcome to flight school!

 **Participants:** Individual

 **Space:** Ideally, jumpers should land on a soft surface. This can happen outdoors or by using gym mats

 **Equipment:** 2 pylons, tape measure

SETUP:

- Use a line on the gym floor or the board of a long jump pit.

ACTIVITY DESCRIPTION:

WARM-UP

- Play a 3-5 minute game of follow the leader to get your muscles warm.

SAFE LANDINGS

- Spread out into two lines across the length of the gym.
- In one place, take a small jump and then practice a quiet landing. Absorb the force through your bent ankles, knees and hips. The higher you jump, the more you will need to bend at the knees and absorb the force. Land in a position like you are riding a motorcycle.
- Gradually increase the height of your jump. Try different body techniques to jump higher.

TWO-FOOT JUMPS FOR HEIGHT

From your current position, focus on adding height to your jump. One at a time, add the following components to your jump:

- Use a broad base stance, feet shoulder width apart.
- Add an explosive arm swing, swinging your arms fast up to the ceiling, stretching as tall as you can during lift-off, and punching for the sky.
- Add a quick "squat" or knee bend before take-off.
- Only add each of these components to your jump once you feel comfortable to do so.

TWO-FOOT JUMPS FOR DISTANCE

Focus on moving forward, adding distance to your jump. To increase the distance you are moving forward, add the following components to your jump:

- Complete this task by trying different ways to jump further from a two-foot take off. Share your thoughts with the group as to how to achieve maximum distance. Try some tips from your peers!
- Project your arm movement reaching upwards in front of you, leading your body movement upwards and forwards.
- Note the distance you achieved with your jump. Aim for your personal best each jump!

ACTIVITY EXTENSIONS:

- Take the world record challenge! Measure out the distance of the long jump world record, 8.95m (men) and 7.52m (women). Try to complete a series of jumps to achieve the world record in as few of jumps as possible!



THROWING GAMES

Getting used to throwing an object with control takes time and practice!

 **Participants:** Groups of 2

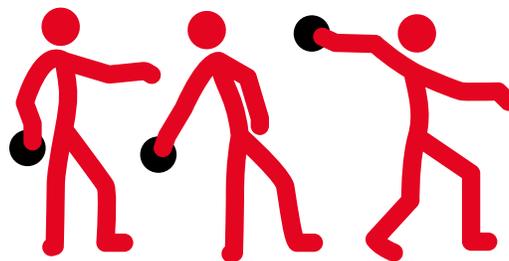
 **Space:** Gym or outdoors

 **Equipment:** 2 -3 objects to throw per group (beanbags, balls, etc.), 1 roll of masking tape, rope and relay baton or paper towel tube

ACTIVITY DESCRIPTION:

THROWING ACTIVITY

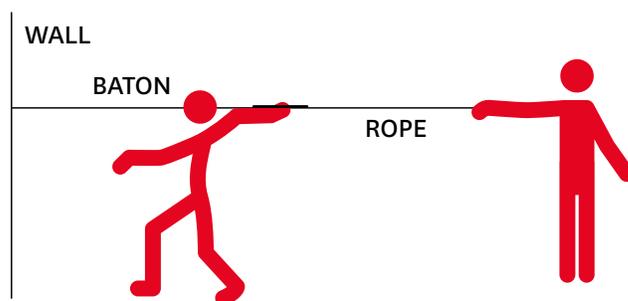
- Have your teacher or a peer demonstrate an over hand throw. Start by standing 5-7 metres away from your partner. Break down the throwing action by completing 10 throws each breaking down the components of throwing:
- Throw with hand flick: Stand 5-7 metres away from your partner. Raise your throwing arm up in front of you, bringing your elbow up to shoulder height. Bend your elbow to a 90 degree angle, flexing your wrist and facing your palm to the ceiling. Hold this position. Place your bean bag in your throwing hand. Throw the bean bag to your partner only using the flick of your wrist, finishing with your palm facing the floor.
- Throw with hand flick and elbow movement: Take a few steps back from where you stood for the hand flick. Now throw the bean bag back and forth, using your hand flick and the use of your elbow. Hold the position of your upper arm and shoulder joint.
- Throw with full arm motion: Take another few steps back. Now you can throw the bean bag using your shoulder and full arm motion. Stand with your feet slightly apart, facing forward. With your partner, explore the position of your feet, your release point and your arm motion to determine the best throwing technique for distance and accuracy. Share your findings with your peers.



THROWING GAMES

ACTIVITY EXTENSIONS:

- Create a target on the wall. Use masking tape if need be. Throw the bean bag with maximum force, aiming for the target. Repeat this activity, taking a few steps backward each time.
- Experience throwing a javelin. Place a relay baton or other cylinder (paper towel roll) on a rope held by a student on one end and attached to a wall at the other end. Enjoy practicing throwing a javelin!



BRINGING IT TO THE CLASSROOM

These activities are adapted from Athletics Canada's Run Jump Throw Wheel program to work within a classroom setting. For more information on the program, instructor training information and access to program resources as well as adaptations for participants with a disability, visit www.runjumthrowwheel.ca.