

TRACK AND FIELD WORK – 2º TERM - 4º ESO

TITTLE:Physical Education. Track and field athletics

- **Due date: March 15th 2017**
- Written by hand in a folder (With pictures and description). Don't copy the texts literally.
- Minimum 6 pages

OUTLINE

1. Brief introduction to track and field history. What are the most important events or competitions? Look for the most important competitors along the history.
2. Describe the Long Jump technique in athletics (add pictures). What are the main characteristics? Think of 4 exercises to learn and practice it.
3. Describe the different ways of doing shot put throw in athletics (add pictures). Describe specifically the O`Brian technique. What are the main characteristics? Think of 5 exercises to learn and practice it.
4. What classes have we done in PE to work on athletics abilities? Explain 3 of them describing the aim of each class, the warm up, the exercises in the main part of the classes, the material needed and something you have learnt in that class.
5. Personal reflexion about the work.
6. Bibliography and webgraphy