
Course Description

Subject: Track & Field

Grade: 7 & 8

Overview:

The Track and Field class is a one quarter elective class usually taught in the third and fourth quarters. The emphasis is on preparation for the spring Track and Field season by focusing on instruction in each of the field events (long jump, triple jump, high jump and shot put). A limited amount of time will be spent on sprint technique and starts.

Primary Biblical Integration:

"Do you not know that in a race all the runners run, but only one gets the prize. Run in such a way as to get the prize." Corinthians 9:24

Unit Description:

- 1.) PROCEDURES & INTRODUCTION TO TRACK & FIELD: Dressing rules, rally location, warm-up procedures and schedule.
- 2.) SHOT PUT: Basic fundamentals of shot put for all weight classes.
- 3.) LONG JUMP: Long jump technique (low speed on grass with cones)
- 4.) TRIPLE JUMP: Triple jump technique (low speed on grass with cones)
- 5.) HIGH JUMP: High jump technique
- 6.) PRACTICE: Students choose an event and practice with individual instruction.
- 7.) MIDDLE DISTANCE TRAINING: Students may choose a running workout instead of the practice unit.

Student Materials:

PE Clothes, running shoes

Teacher Materials:

Cones, measuring tape, stopwatch, 6 lb., 8 lb., 10 lb. shot puts, high jump pit and standards