



UNIT 4: THEORIC AND PRACTICAL SPORT UNIT: TRACK AND FIELD.

1. *Track and field. Concept and competitive events.*
2. *Running competitions.*
3. *Jumping competition.*

- 3.1. *Long jump.*
- 3.2. *Triple jump.*
- 3.3. *Poul vault.*
- 3.4. *High jump.*

4. *Throwing competitions.*

- 4.1. *Shot put.*
- 4.2. *Discus.*
- 4.3. *Javelin.*
- 4.4. *Hammer.*

5. *Vocabulary.*
6. *Key words: track and field, relays, hurdles, starting blocks, baton, sand pit, stride, take off, land, pole, shot, glide, spin, swing.*

OBJECTIVES:

By the end of this section students should:

- To know the facilities where track&field takes place.
- To differentiate the athletic contests.
- To play and approach to the athletic disciplines technique.





1. TRACK AND FIELD. CONCEPT AND COMPETITIVE EVENTS.

Track and field is a sport comprising various competitive athletic contest based on running, jumping and throwing.



Running competition

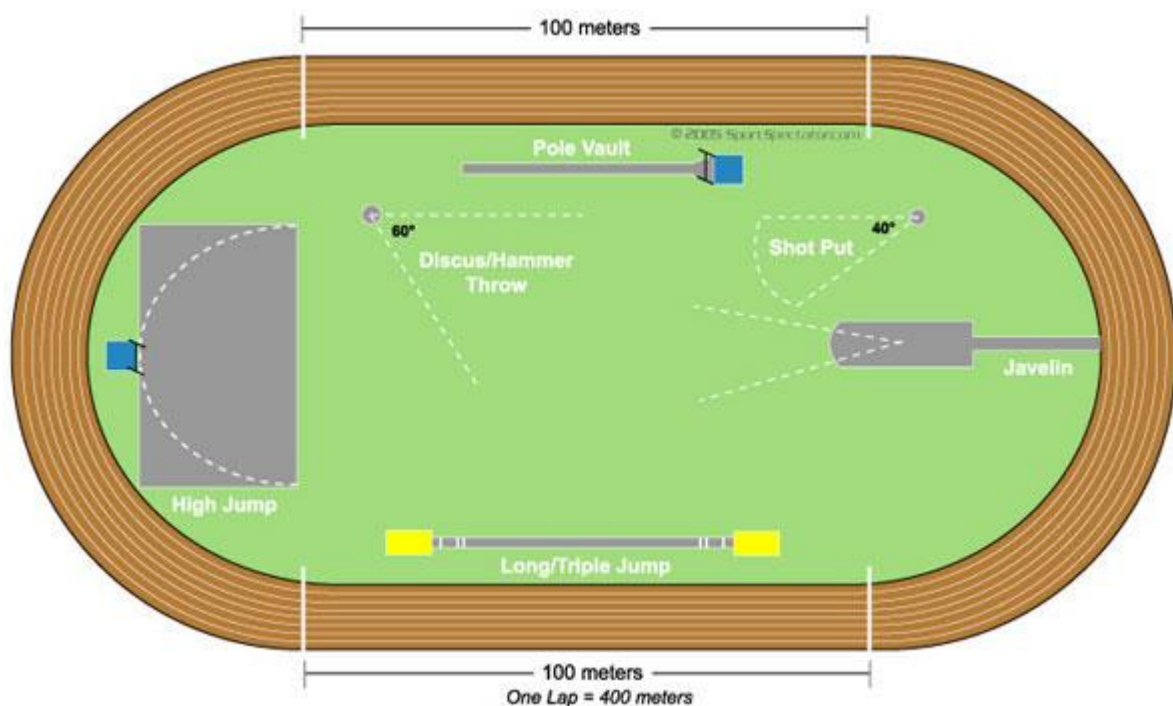


Jumping competition



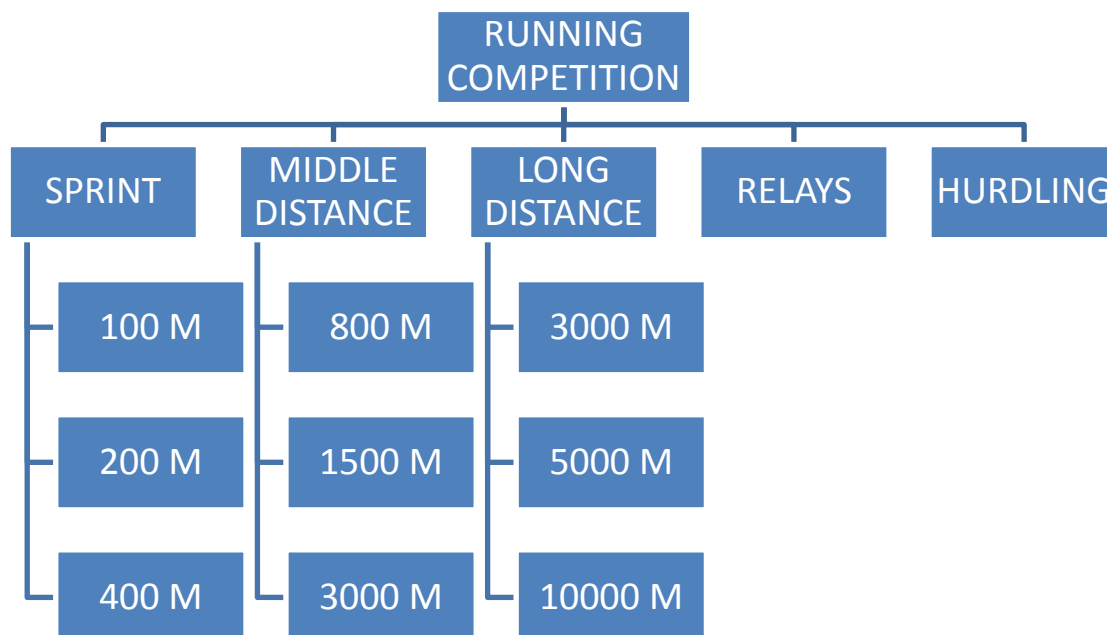
Throwing competition

The name of the sport derives from the competition venue: a stadium with an oval running track around a grass field. The throwing and jumping events generally take place in the central enclosed area.

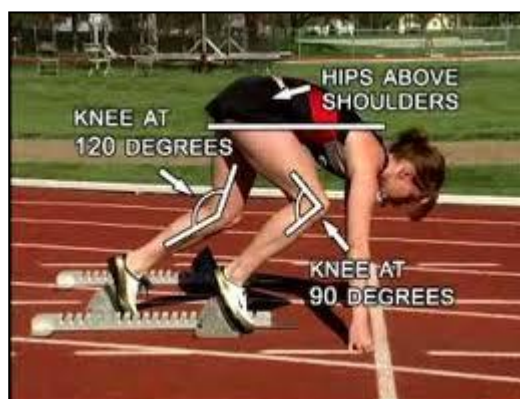




1. RUNNING COMPETITIONS.



In running discipline we are not going to train the sprint, middle distance and long distance races, because we do not have tracks and because to improve the running technique we would need much time to get a little bit improvements although we will see interesting vocabulary that has to do with these disciplines. For instance, did you know that in competition like 100, 200, 400 and 800 meters athletes have to start de race from the **starting blocks**?



Position at starting blocks

Once you are in the blocks and after getting the best position you have to listen to the gun reacting as fast as possible.



Lead leg and trail leg

Another discipline we will learn is **hurdling**. Note that hurdling races are not a run with jumps; it is simply a run with slight variations. Before starting to train, we should consider what will be our **lead leg** and the **trail leg**.



Palm up exchanging

Without a doubt, one of the most exciting contests is **relays**, where each runner must hand off the baton to the next runner within a certain zone usually marked by triangles on the track.

There are two possible ways to exchange the baton; the first would be giving it from upward to downward, with the receptor hand palm up, and the second option would be from downward to upward, putting the baton between the **thumb** and **index** fingers.

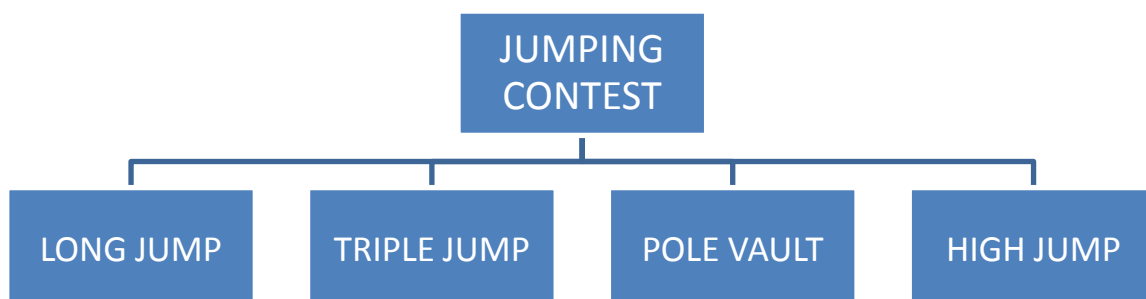


Runners exchanging the baton palm up



Runners exchanging the baton palm down

2. JUMPING COMPETITIONS.





2.1. Long jump.

In the long jump, athletes sprint along a length of track that leads to a jumping board and a **sandpit**. The athletes must jump before a marked line and their achieved distance is measured from the nearest point of sand disturbed by the athlete's body.



As you can see in the picture, there are main five components in the long jump:

- The approach run.
- The last two **strides**.
- The **take off**.
- Action in the air.
- **Landing**.

2.2. Triple jump.

The triple jump sometimes referred to as the **hop, step and jump** or the **hop, skip and jump**, but involving a “hop, bound and jump”, the competitor sprints along the track and performs a hop, a bound and then a jump into the sandpit.

The hop starts with the athlete jumping from the take off board on one leg, which should be the right leg. The hop landing phase is very active, involving a powerful backward “pawing” action of the right leg.



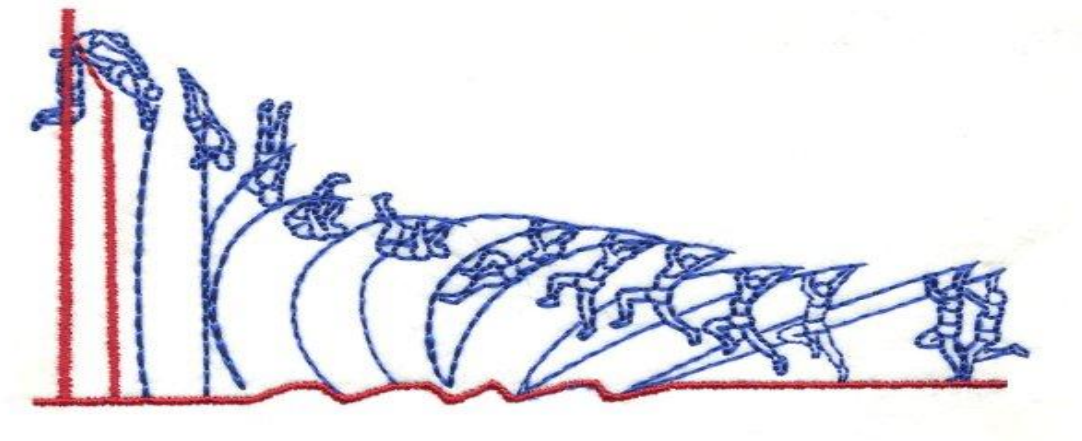


In the step, the athlete utilizes the backward momentum of the right leg to immediately execute a powerful jump forward and upwards, the left leg assisting the take off with a powerful hip flexion thrust.

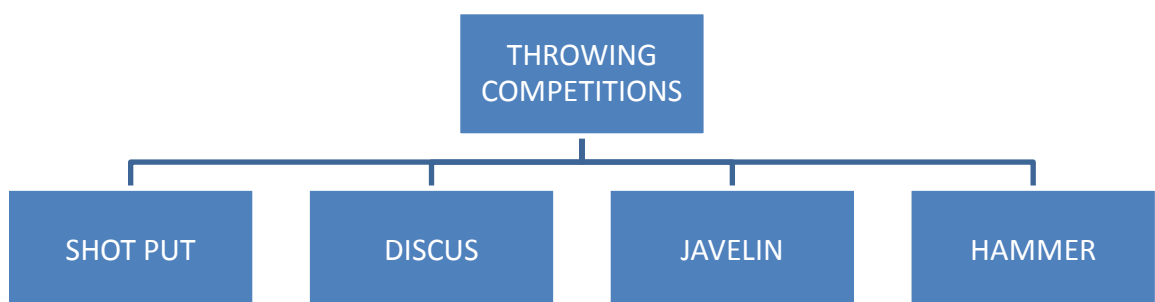
The step is followed by the jump, where the athlete jumps from the left leg to land in the sandpit.

2.3. Pole vault.

The **pole vault** is a track and field event in which a person uses a long flexible pole to jump a bar.



3. THROWING COMPETITIONS.





3.1. Shot put.

The **shot put** is a track and field event involving "throwing"/"putting" (throwing in a pushing motion) a heavy spherical object —the *shot*—as far as possible.

Two putting styles are in current general use by shot put competitors: the *glide* and the *spin*.

In class, we have learnt to throw the shot with the glide technique, known as O'Bryen or lineal technique.

GLIDE SHOT PUT POSITIONS

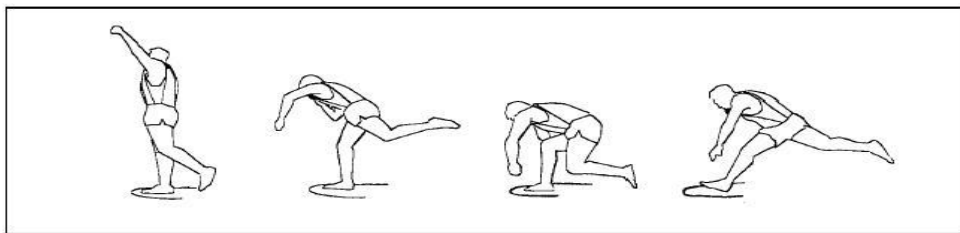


Fig. 15-1.

Fig. 15-2.

Fig. 15-3.

Fig. 15-4.

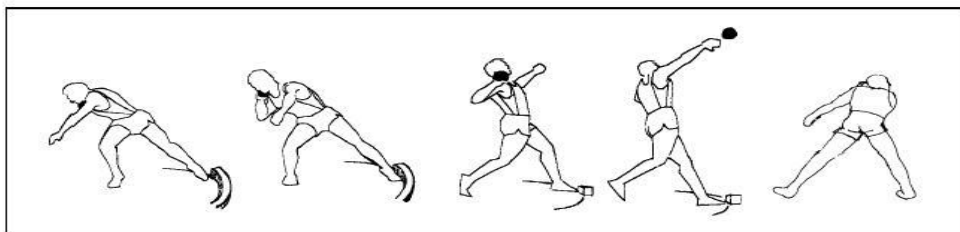


Fig. 15-5.

Fig. 15-6.

Fig. 15-7.

Fig. 15-8.

Fig. 15-9.

3.2. Discus.

The discus is an event in track and field athletics competition, in which an athlete throws a heavy disc—called a **discus**—in an attempt to mark a farther distance than his or her competitors.



Discus

3.3. Javelin.

The **javelin throw** is a track and field athletics throwing event where the object to be thrown is the javelin, a spear approximately 2.5 m (8 ft 2 in) in length.



3.4. Hammer.

Like the other throwing events, the competition is decided by who can throw the sphere the farthest.

Competitors gain maximum distance by **swinging** the hammer above their head to set up the circular motion. Then they apply force and pick up speed by completing one to four turns in the circle.



Athlete turning the hammer

4. Vocabulary.

- **Baton:** ['bætən, 'bætɒn/deporte: testigo.
- **Glide:** [glaid] deslizarse.
- **Hardles:** ['hɜ: dəl] vallas.
- **Hop:** [hɒp] saltar a la pata coja.
- **Index:** dedo índice.
- **Land:** [lənd] aterrizar.
- **Lead leg:** pierna de ataque en el pase de vallas.
- **Relays:** ['ri: leɪ] Sport)(also relay race) carrera *f* de relevos.
- **Sandpit:** ['sændpɪt] foso de arena.
- **Starting blocks:** taco de salida.
- **Spin:** [spɪn] girar.
- **Stride:** [straɪd] zancada, andar con pasos largos.
- **Swing:** [swɪŋ] girar, balancear.
- **Take off:** despegar, tomar vuelo.
- **Thumb:** [θʌm], pulgar.
- **Trail leg:** pierna de arrastre en el pase de vallas.

