Athletics Visual Aid – Key Stage 1 & 2

1) **Sprinting**

**Standing Start:** This is a more comfortable staring position particularly for pupils in KS1.

**Crouched Start:** This position allows for a more explosive start to a race.

**Drive Phase:** Happens as the sprinter leaves the blocks/start line. This phase should see the sprinter driving explosively using a horizontal lean.
**Stride Phase:** Sprinters eyes should focus on the finish line. Sprinter should take fast even strides and pump the arms at the side of the body.

![Stride Phase](image1)

**Finish:** Lean with the chest towards the finish line.

![Finish](image2)

2) **Distance Running:**

**Running Phase:** Long even paced steps. The runner should consider pacing themselves so that they have enough energy for a sprint finish at the end of the race.

![Distance Running](image3)
Leaning into the bend: Runners should be encouraged to do this in order to minimise the distance they have to travel.

3) Relay:

Outstretched arms: The runner handing the baton on should ensure that their arm is stretched out in front. The receiving sprinter should stretch their arm behind them.

Hand over: Place the baton in the palm of the receiving sprinter's hand.

Eyes Forward: Encourage HA pupils to keep their eyes looking forwards as they receive the baton.
**Looking Back:** In order to support pupils with their relay change overs encourage them to look back as they receive the baton to ensure it is secured securely. Once they have done this encourage them to move on to the HA extension as detailed above.

![Relay baton.png](attachment://Relay%20baton.png)

4) **Standing Long Jump:**
   Swinging arms backwards as the knees are flexing. Swinging arms forward as the body is driven forwards with an explosive push.

![Standing Long Jump.png](attachment://Standing%20Long%20Jump.png)

5) **Triple Jump:**
   - **Run:** Include the run up for HA pupils.
   - **Hop:** Starting and landing on same foot, e.g. left foot to left foot.
   - **Step:** Starting and landing on opposite foot, e.g. left foot to right foot.
   - **Jump:** Starting on right foot and landing on both feet.
6) Javelin:
   **Grip:** Hold the javelin in the middle section using the strongest hand.
   **Take Back:** Draw the javelin back with a straight arm.
   **Release:** Fast, explosive release with the tip of the javelin pointing forwards.
   **Follow Through:** Drive the back leg forwards.

7) Shot Put: