

# Athletics

**Inst. Abdulridha Sholi**



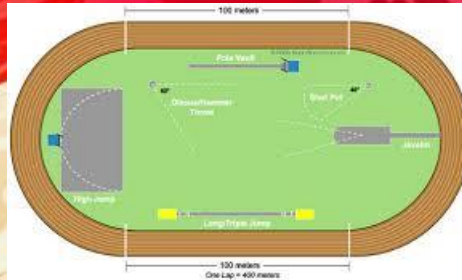
# Athletics

Athletics contains the basic human skills: running, jumping and throwing.

All these events, except pole vault, were used by Man to survive.



It takes place in an oval shaped track of eight lanes that encloses a large field.



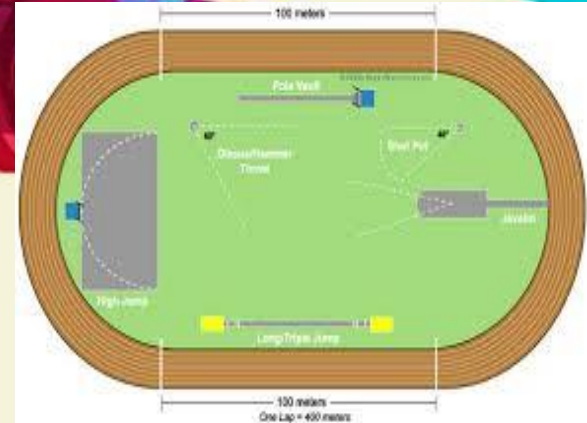
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# Athletics is divided into two events:

## 1. Track Events.



## 2. Field Events



# Track Events

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## 1. Walking Events



## 2. Hurdles



## 3. Running Events



## 4. Relay



# Running Events:

These events are divided into sub events according to the distance of running. 100m running is called Dash, 200m and 400m running are called Short Distance Running; while 800m and 1500m running are called Middle Distance Running. The distances from 1600m up to 10,000m are called Long Distance Running.

# 2. Field Events

## A: Throwing Events



## B: Jumping Events



# A: Throwing Events

## 1. Javelin



## 2. Discus Throwing



## 3. Hammer Throwing



## 4. Shot putting





# B: Jumping Events

## 1. Pole Vaulting



## 2. High Jumping



## 3. Long Jumping



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Q: Read the passage carefully and answer the following questions:

## Running events

Running events are kind of track events. These events are divided into sub events according to the distance of running. The distance starts from 100m to 10,000m. 100m running is called dash, 200m and 400m running are called short distance running, while 800m and 1500m are called middle distance running. The distances from 1600m up to 10,000m running are called long distance running. Runners must be behind the starting line on the starting blocks. The starter gives the signals "on your marks" and "get set" which mean "being ready" then fires a pistol to start the race.

1. What kind are the running events?

- The running events are kind of track events.

2. Are they divided according to the distance of running?

- Yes, they are.

3. What is dash?

- Dash is 100m running.

4. What are the 200m and 400m called?

- They are short distance running.

5. What are the 800m and 1500m called?

- They are middle distance running.

6. The distance from 1600m up to 10,000m are called long distances, True or False?. True.

7. What do we call the athletes who run?

- We call them runners.

8. Where must the runner be?

- The runner must be behind the starting line on the starting blocks.

9. What do the Signals on your “mark” and “get set” mean?

- The signals "on your marks" and "get set" mean "being ready“.

10. Why does the starter fire a pistol?

- The starter fires a pistol to start the race.

Q: Mention the throwing events used in athletics:

1. Javelin

2. Discus Throwing

3. Hammer Throwing

4. Shot Potting



Q: Write the track events used in athletics:

1. Walking Events
  2. Hurdles
  3. Running events
  4. Relay
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Q: Mention the jumping events used in athletics:

1. Pole Vaulting

2. High Jumping

3. Long Jumping

## References:

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