

Week 4

Gordano Virtual PE Athletics Edition



ASPIRE

Ambitious • Self-Reliant • Persevering • Inquisitive • Respectful • Enthusiastic



Contents

Lesson 1

Introduction

Household **Hurdles**

Lockdown **Long Jump**

Lesson 2

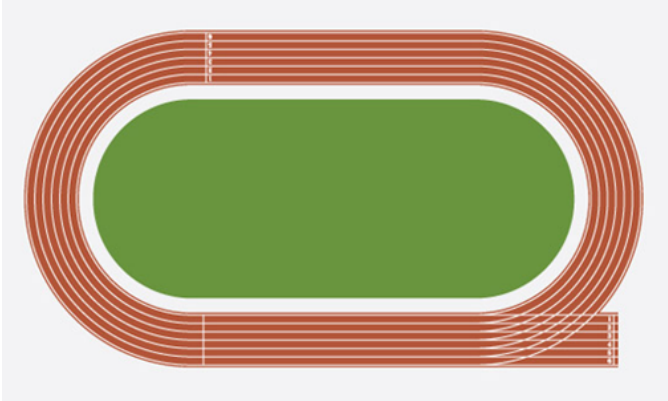
Homemade **High Jump**

Stay At Home **Shot Put**

Social Distancing **Sprinting**

Introduction

Lesson 1



TASK 1

Label on the track, where the following events start and finish:

- 100m
- 200m
- 800m
- 1500m

TASK 2 (SCAN QR CODE)

Watch video on **History** of the Olympics and make notes below:



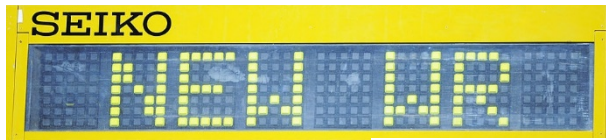
TASK 3

What is your favourite Athletic event and why?

What are the most important components of fitness for your event? Justify your choice.

Household Hurdles

Lesson 1



Men's 110m
World Record



Women's 100m
World Record



TASK 4 (SCAN QR CODES)

Watch both World Record videos and write the following:

- ◆ Athlete Name
- ◆ Time
- ◆ Year
- ◆ Location
- ◆ Nationality



Men's



Women's

ACTIVITY

Be creative and make your own hurdles using household items, see below for Mr Ayles' example of a hurdle.

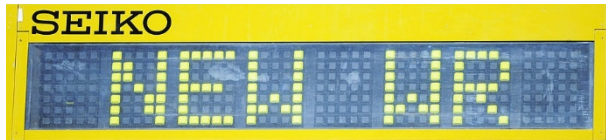


You have 3 attempts, how many times can you jump over the hurdle in the Male OR Female WR time.

	Boys	Girls	
	12	11	1
	9	8	2
	6	5	3

Lockdown Long Jump

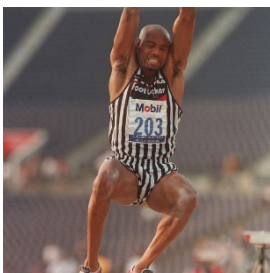
Lesson 1



Men's
World Record



Women's
World Record



TASK 5 (SCAN QR CODES)

Watch both World Record videos and write the following:

- ◆ Athlete Name
- ◆ Distance
- ◆ Year
- ◆ Location
- ◆ Nationality



Men's

Women's

ACTIVITY

Find a tape measure and set it up anywhere in your house or garden
(as seen below in the photo)

You have 3 attempts, how far can you perform a
STANDING broad jump, note the score and see if all
three of your attempts combined are near the Male
or Female WR height.

1

2

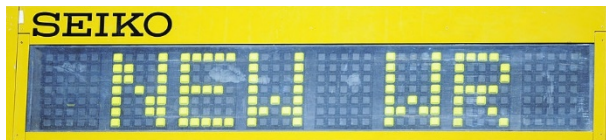
3

	Boys	Girls
	6m	5.5m
	5m	4.5m
	4.5m	3.5m



Homemade High Jump

Lesson 2



Men's
World Record



Women's
World Record



TASK 6 (SCAN QR CODES)

Watch both World Record videos and write the following:

- ◆ Athlete Name
- ◆ Height
- ◆ Year
- ◆ Location
- ◆ Nationality



Men's

Women's

ACTIVITY

Watch video below of how to set up and perform your Vertical Jump

If you cannot print the sheet you can improvise and use sticky tape and measure it that way

You have 3 attempts to complete this, note the score and select your best score + your height and see how near you are to Male or Female WR height.

1



Boys Girls

2.2m 2m

2



1.7m 1.5m

3



1.2m 1m



PRINTABLE

Vertical Jump
Sheet

VIDEO

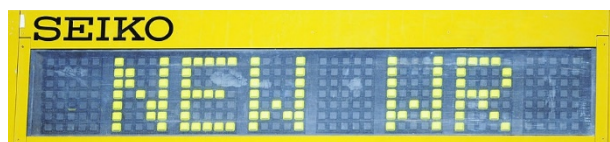
Instructions

WATCH ME



Stay At Home Shot Put

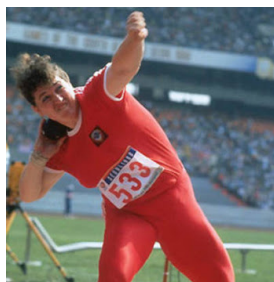
Lesson 2



Men's
World Record



Women's
World Record



TASK 7 (SCAN QR CODES)

Watch both World Record videos and write the following:

- ◆ Athlete Name
- ◆ Distance
- ◆ Year
- ◆ Location
- ◆ Nationality



Men's

Women's

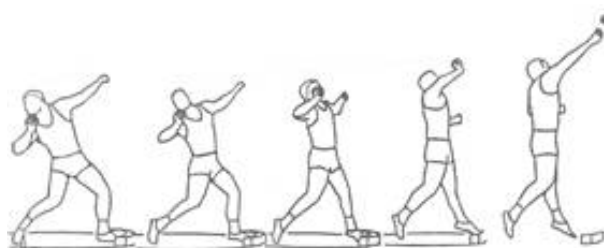
ACTIVITY

Place a target in the garden e.g. a box, a hoop etc. and throw the ball into the target using the technique of a shot put. You can use socks, tennis ball or football to make the shot.



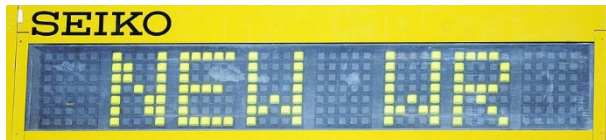
Boys	Girls
6m	5.5m
5m	4.5m
3.5m	3m

Start with the target being 3m away, if this too easy then increase the distance each time, how far can you put the shot and still make it into the target using the technique below?



Social Distancing Sprinting

Lesson 2



Men's 100m
World Record



Women's 100m
World Record

TASK 8 (SCAN QR CODES)

Watch both World Record videos and write the following:

- ◆ Athlete Name
- ◆ Time
- ◆ Year
- ◆ Location
- ◆ Nationality



Men's

Women's

ACTIVITY

Set up cones or a household item that won't blow away, set them 5m apart.

Complete 10 sets and record your time you get

There and back = 1 set.

Time: _____



Boys

1 min

1 min 10s

1 min 20s

Girls

1 min 5s

1 min 15s

1 min 25s

