

# Athletics

Summative Assessment



By: Joyce 40

# The Unit That We Were Working On:

Training by ourselves

Motivate ourselves to train

Independent training, intrinsic motivation and self-belief can enhance body control for movements in

Believe in ourselves

athletics.

Jumps-High Jump & Long Jump

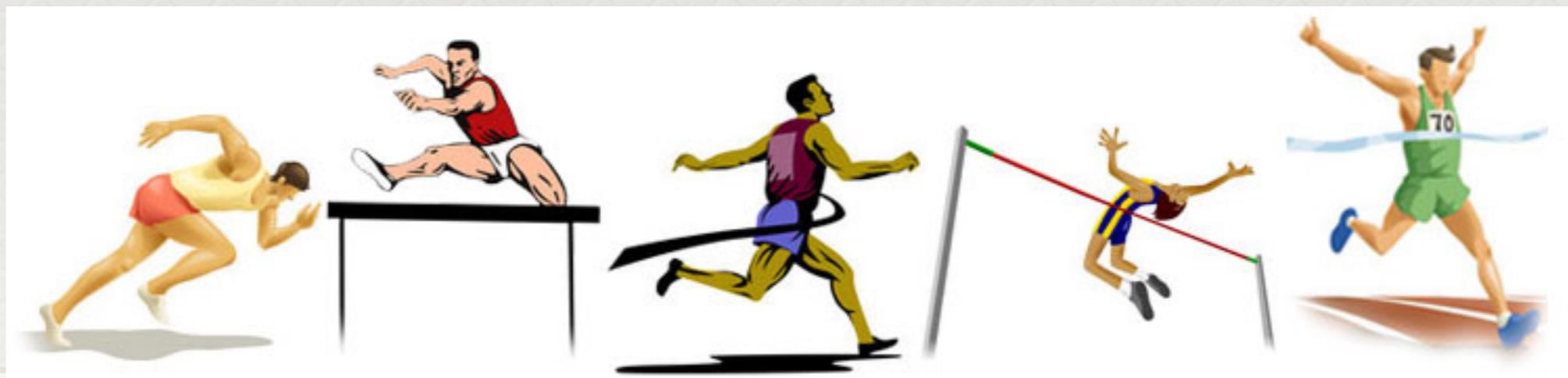
Runs-50meter run & 400meter run

Throws-Discus & Shot Put

Fact: the keyword  
in this unit is  
**OURSELVES**

# Athletics-What is Athletics?

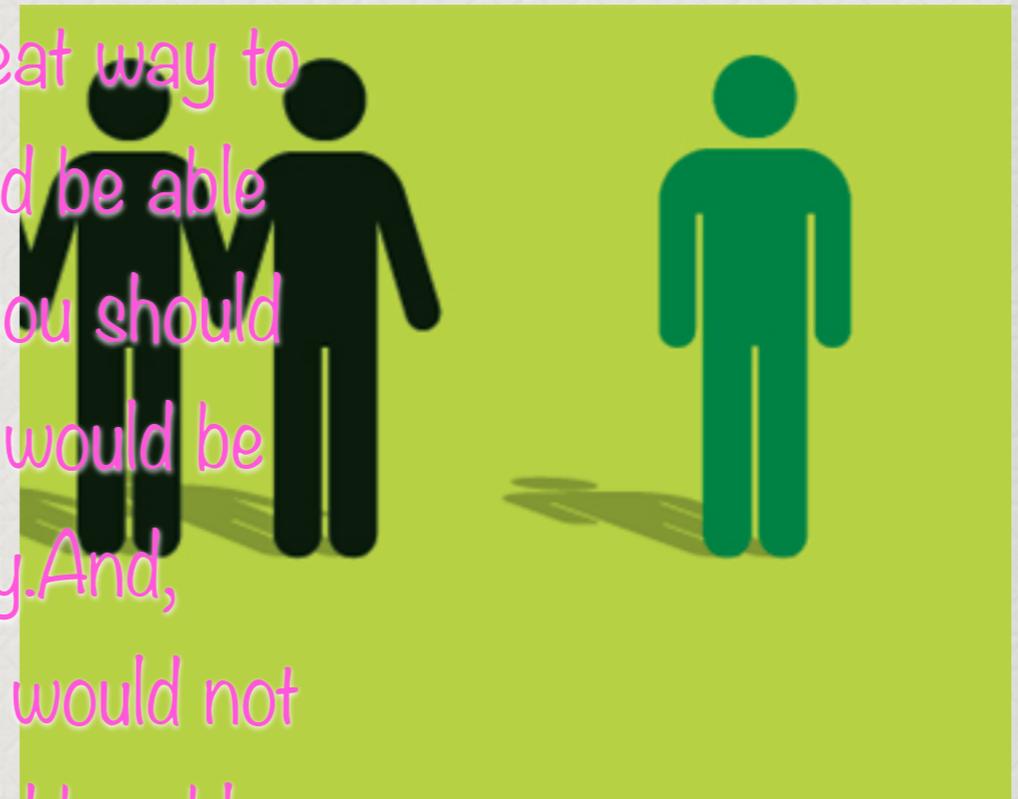
Athletics is doing kinds of sports like: High Jump, Long jump, Shot Put, Discus, 50Meters Run, 400Meters Run, and lastly Relays (maybe there's more, but this is all I know). Then, you would be able to choose one subject for the jumps, one subject for the throws, and one subject for the runs. And on the day of Athletics, you would be able to do the subjects you have chosen.



# Learned

## Independent Training/Training

In Athletics, training independently-by yourselves without any coaches or classmates/teammates is a great way to practice and train. Because that way, you would be able to concentrate more better and think of what you should do more better and quietly. Also, that way, you would be able to visualize with no one getting in your way. And, when you are training by yourself, usually there would not have a lot of noise to interrupt you so you would be able to concentrate and visualize more. And you could even do things to help you at home!





# Belief in Ourselves-Self belief

Believing in ourselves is a very important point in the unit, '**ATHLETICS**'. If you don't even believe in yourself, nothing is actually going to happen in the right way, and more no-good, you fail! When you don't even really believe in yourselves, you will **never** even get it right, and that means, you've got to believe in yourselves to get the best score out of you (but not if you don't even practice). When you believe in yourselves, you could either take a deep breath or tell yourself that you could be able to do it. After all, believing in yourself is a great way to do good.





# The Day I Have Been Training For All Along-Athletics

The day finally came, and I have been waiting ages for this day to come and it finally came. On Wednesday, 28th of May 2017 athletics' day came, I was both very nervous and excited. This was the day I had been looking for for a long time! In the start of the day, I wasn't that prepared and looked forwards to see Joy so that she would be able to give me some great tips, and I was right, she really did helped me a lot of the high jump. When morning recess came, I somehow had a hungry, nervous and excited feeling altogether. And my legs, somehow trembled for the thought of doing athletics, and I knew already that it was a long day.

After we had our lunches, Mr.David made announcements that Athletics would be starting soon. Then, it started before I could even recognize! And so first came the grade 3 relays. And after that, came the grade 4 relays, and four of our classmates, were in the relay team. The whole class were cheering for our class, and it ended in a blast (cause they are fast runners) but our class-4D, came 3rd. Then, Mr. David mad an announcement again for: we could go to our decisions now, and my decision was 'B' so I could go to the jump first.

When I got to the high jump, the boys from grade 3 went first (I volunteered to help the teachers and do the bar lifting with Mr. Brad-well, maybe you should say they asked me to help, though. Anyway I agreed...) And then, there were more and more heats of the 3rd grade boys... After the grade 3 boys, it came the grade 4 boys, and just as the grade 3s, it went on and on and on (there's absolutely too much people!)... Then finally, it came to the girls. But unluckily, it was the 3rd grade girls, and not 4th grade! Well after a few minutes, it FINALLY came to the 4th grade ones. And I was on heat '3' or '4' (just guessing!) Well, I jumped pretty well (I guess it's because that it was only to 100cm) so Martina and I both got to the semi-final together. And the teachers told us to go to the shades and wait... So me and Martina went and sat down. But I guess I was a bit too jumpy and started bouncing around like I won or something and kept going to the score boards to look. And Sure enough, I got points for our class, yay! And when all the scores got together, Mr. David announced to us that Evan, Joyce (me), Martina... got to the semi-finals! And I was super excited and happy. And me and Martina raced to where the high jump's race was held.

And the semi-finals started right away, it started at 95cm, (everyone had two chances) then, it went up to 100cm, and in 100cm, few people failed. And then, when it went up to 105cm, nearly everyone failed, except me and Martina. And so we were up to the finals!

And while I waited to rotate to the Shot Put section, I chatted with Ellie and played together. Finally, we were able to rotate to our next section. And my next section was shot put. While we were waiting for our turn to throw, I chatted with Cherry and Ellie to waste time away. (We were the second heat so we only waited for one heat to finish). When it was my turn, I pushed/threw the shot put as hard as I can with all my strength, and not surprised, it didn't go really far. So I was sure I wouldn't get to a semi-final for this, and so I wandered around and around where we had our lunch... Suddenly, Jasmine ran up to me "Quick! Go to the shot put area! You got chosen for the semi-final!" She screeched, I was totally shocked that I got to a semi-final for shot put, but at the same time, I was super happy. So I ran with Jasmine back to the shot put area. As usual, I was the last one, so I waited for Sarah and Jasmine to done throwing. And I used all my might and pushed/threw it. But my threw still didn't land as far as the others were, so Jasmine and Sarah got into the shot put final. But I was actually happy for Jasmine that she earned points for our class in the shot put!

Then, Mr. David announced again that we were going to rotate to our next place. And mine was 50meters run. So me and Martina met up there again! I played with Joyce L and Jessica and Cherry to waste time and wait for my heat's turn.

When my heat's turn came, the teacher (I forgot who it was) called my heat up, well I wasn't such of a fast runner, so I guess coming in the 3rd or 4th place was pretty obvious for me (and it wasn't even the best score for me). And you know what? Martina got in the semi-finals! I was so happy for her! While waiting for the 400meters to began, I played with Joyce.L, Cherry, Jessica (for the water fight!) Also, I ran around (I don't know why I did that) Then I played with Faye while wasting our time for the Finals of the high jump to start... Finally, when the 400meters run were done, I ran up to the High jump as fast as I can because it was already late (cause of the 400m runs)... In the finals, first the teachers put it start to 100 but no one actually failed, so then, they moved it up to 105cm and one of the third grader failed (Tracy, she was the only one for third grades) then, it went up to 110 and Martina and Emma both failed, so it was only me and Faye left.. and I got a little nervous, it was 113 and I didn't have any strength anymore (I guess it was because I was always bouncing around) so the run up was kinda slow and I didn't get over it. So then, Faye won it. I wished that I could do it again... But I had already missed the second chance... Then, Martina called me upstairs (cause it was her birthday) so our class mates cheered upstairs for our team. Well I didn't know what place they got and what place our class got but I guess the relay went well because we saw them cheering upstairs.

# High Jump

## Run Up

When you jump high jumps, you need to run a J-Curve. A J-Curve is an really curved angle that is first strait and then gets curvy when you're almost to the bed. Because if you don't do the J-Curve, you'll go strait to the bed and you'll probably go strait into the bed and not jump over it.

Also, when you're doing the run up, if you're right handed, you'll need to take off on the left foot, and if you're left handed, you'll need to take off on the right foot.

And, when you take off every time, you should count your steps. And have the same step every time. Because if you don't have the same step every time, sometimes you get nervous or stumble when you are about to jump, like jump a few times or slow down and jump really low.

Finally, when we do the run up, we can't make the speed from too fast and slow down a lot, you should keep it the same speed, but the speed need to be quick because if the speed is really slow at first, the jump wouldn't be that high-so you need to keep up the speed, which would be able to help you jump higher. The higher the pole is, the faster you need to run.

## Take Off Kicks-Scissor Kick

After doing the J-Curve to the bed, you jump on your left leg, which stayed steady and D-R-I-V-E-S up wards with your right leg and stretch as high as you can.

When both legs are in the air while you are jumping, your upper body need to lean over the bar while you are up there.

When the left leg follows the right leg over the bar, it karate kicks over the bar and then onto the bed.

## Landing-Scissor Kick

When you land, land on your feet if its possible and walk off the bed while making sure you don't knock over the bar.

Warning ⚠:

- 1, Only start up your run up when equipments are ready
- 2, No jumping until equipment is checked
- 3, Only one person Jump at a time

# Shot Put

## Starting Position

When you are getting ready to throw a shot put, you push the shot put to the opening from your neck and shoulders. While your finger tips are holding the shot put.

Your feet and shoulders apart and your whole body's weight on the back foot. And aiming for chin over knee over your toes.

As the back leg transfers/give the weight to the front leg, but the shot put is still kept under your chin.

Also, lean to the opposite direction at first so that you could get more of the energy to throw.

## Throwing Technique

The shot putt is tightly held under your chin until your arm starts to extended forwards.

The other arm (which isn't holding the shot put) points to the direction of where you want the shot put to go. And the not throwing side of the body is braced.

When you are about to throw, you need to drive your hips forwards first.

# Release

When you are releasing the shot put, your head still remains as the same direction of the throw. Also, drive the arm that is about to throw forwards and upwards to help maintain the correct spot/position for the hips.

Then, release the shot put when you're arm is at the highest point.

## Warning ⚠:

- 1, Only throw or collect the shot put when the teacher said so
- 2, Do not drop the shot put, place it onto the floor
- 3, Do not run with the shot put
- 4, If the shot put is wet, dry it with the cloth that is provided

# 50 Meters Sprint

## On Your Marks

When you are get settling, for 'On Your Marks', your rear knee should be level with front foot.  
And form an 'V' behind the line with your hands.  
Your arms and shoulders width should be apart, but slightly ahead of your hands.

## Get Set

When you 'Get Set', you need to raise your hips higher than your shoulders.  
And, lift your legs at the knees.  
Then, weight on your hands and feet both equally.

## Go

Then, you drive knee of rear leg forwards, then you extend your front leg out, and lean forwards, but don't become upright too early.

# Why is these Strategies Connected in the unit?



Intrinsic motivation and independence is connected in this unit because while you are training, you need to Motivate yourself to train so you get a good score, also when you train by yourself, the quality would be better and you would be able to visualize more in a more quieter place. Also, when you train independently, you get it right more often.



