

Student's book
First level



LET'S MOVE!

Physical Education
CLIL methodology

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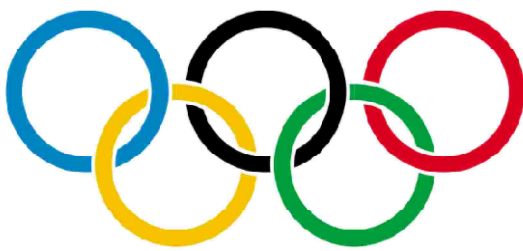
UNIT THREE

3

ATHLETICS

WOMEN IN OLYMPIC GAMES

The first time women participated in the Olympic Games was in Paris in 1900. They compete in tennis, golf and croquet.



OLYMPIC RINGS

The different colors of the Olympic rings represent the flags of all the countries in the world. Besides, there are five rings, one for each continent.



This unit is about **athletics**. You are going to get to know its history, its events and the athletics track. Also, you are going to find information about some interesting topics.

THEORY

1. HISTORY



The **origin** of athletics is the same as the human beings because the practice of athletics is based on natural movements (walking, running, jumping and throwing). Then, athletics is one of the **oldest sports** that exist. Besides, it was the first sport practised in the ancient Olympic Games (776 BC). The words "athlete" and "athletics" come from **Greek**.

Nowadays we can define athletics as a competitive sport (among athletes or teams), in which there are a lot of events and they can be practised both **indoor** and **outdoor**. Athletics is one of the most important events in the Olympic Calendar.

2. EVENTS CLASSIFICATION



Athletics is made up of different events, but it is divided into two main groups: **track and field** (jumping and throwing). However, there is a third group that includes **combined events** of both types (decathlon and heptathlon).

• TRACK EVENTS

Track events can be divided into four groups: **flat races**, **hurdles**, **race walks** and **road running**.

FLAT RACES

SPRINTS	MIDDLE DISTANCE	LONG DISTANCE	RELAY
100 m	800 m	3000 m	4x100
200 m	1500 m	3000 m steeplechase	4x400
400 m		5000 m	
		10000 m	

- *All events are practiced by male and female athletes.*



HURDLES

100 m (female)
110 m (male)
400 m (male & female)



RACE WALKS

20 km (male & female)
50 km (male)

ROAD RUNNING

MARATHON
(male & female)



DO YOU KNOW THE ORIGIN OF THE MARATHON?

We can trace the **origins** of the marathon back to **490 BC**. A Greek soldier called *Filipides* died after running 40 km from Marathon to Athena to announce the victory over the Persian army. A competition with the name of "marathon" was created to pay tribute to him.

WHICH IS THE REAL DISTANCE OF THE MARATHON?

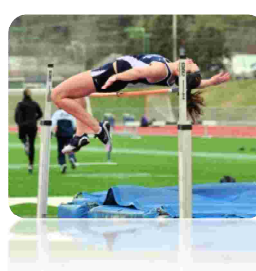
The distance between Marathon and Athena was 40 km and not 42.195 km (current distance of marathon). The origin of the modern distance is due to the **London Olympic Games in 1908**. In this Olympic Games the Prince of Wales requested that the competition began in his gardens. The distance between the gardens and the finish of the Olympic Stadium was 42 km and 195 m. From this year on it became the official distance of marathon.

• **FIELD EVENTS**

Jumping and **throwing** events are grouped under the name of field events.

JUMPING

- HIGH JUMP
- POLE VAULT
- LONG JUMP
- TRIPLE JUMP



THROWING

- DISCUS
- SHOT PUT
- HAMMER
- JAVELIN

• All events are practiced by male and female athletes.



DO YOU KNOW WHO FOSBURY IS?

Dick Fosbury is a former athlete from USA who won the Olympic Games in Mexico 1968 doing high jump (2.24 m).

He created a new jump technique: the **Fosbury flop**. Nowadays all elite high jumpers use the Fosbury flop and its efficiency is absolutely demonstrated.

FOSBURY FLOP



STRADDLE TECHNIQUE



- **COMBINED EVENTS**

In this classification athletes compete in **various different events**. Depending on their best results each of one accumulates points and at the end the person who has the most points wins.

DECATHLON (male)

HEPTATHLON (female)



3. THE ATHLETICS TRACK

The main place where the athletic competitions are carried out is in the **athletics track**, being one of the main areas in the Olympic facilities.

In the athletics track there are separate zones to do each event. Generally speaking the running events are carried out in the outside lanes and the field events (jumping and throwing) in the inside part...

ACTIVITIES

1

Fill in the gaps about the **contents** of the unit.

The **origin** of athletics is the same as the human _____ because the practice of athletics is based on _____ movements (_____, _____, _____ and _____). Then, athletics is one of the _____ that exist.

The distance between Marathon and Athena was 40 km and not _____ km (current distance of marathon). The origin of the _____ distance is due to the _____ **Olympic Games in 1908**. In this Olympic Games Prince of Wales requested that the competition began in his _____. The distance between the gardens and the finish of the _____ was 42 km and 195 m.

2

Search on the Internet information about the **world athletics records** (record, year and athlete who achieve it) of the following events.

WORLD ATHLETICS RECORDS (Outdoor records)						
Events	Male			Female		
	Record	Athlete	Year	Record	Athlete	Year
100 m				<i>10,49 s</i>	<i>Florence Griffith</i>	<i>1988</i>
1500 m						
Marathon						
Javelin						
Long Jump						
High Jump						
Pole Vault						

3

MINI OLYMPIC GAMES

A PRACTICE AND KNOW THE EVENTS



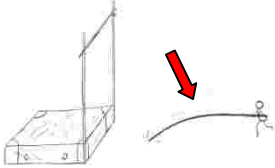

1. Make teams of 4 people.
2. Choose a country for your team (i.e. Spain, Canada, UK...).
3. Your team has to participate in the events below. Write the individual results obtained in each event.

Country:	ATHLETICS EVENTS				
Athletes (students)	Sprint	Shot put	Long Jump	High Jump	Relay
1.					
2.					
3.					
4.					
					Time

B COMPETITION DAY

1. Each person of the team takes part in only one event. However everybody participates in the relay event (4 athletes = team).
2. You are going to compete against other athletes (other teams).
3. The first of each event wins 12 points; the second 10 points; the third 8 points; the fourth 6 points; the fifth 4 points and the sixth 2 points.
4. At the end of the competition day...**who is the winner?**

VOCABULARY

ATHLETICS			
			
HURDLE	BATON	POLE	CHRONOMETER
STARTING BLOCK	DISCUS	JAVELIN	HAMMER
WATER JUMP	LANE	MEDAL	TAPE MEASURE