

Home Learning Tasks

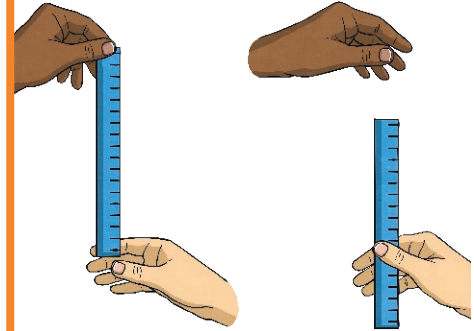
1. Reaction time

In a sporting context, reaction time means how fast an athlete is able to respond to a stimulus, such as the starting gun in a running race. It is a strength that can be improved with practice.

The Ruler Drop Test

Work with a friend or family member to test your reaction skills using a ruler.

- Person A sits on a chair at a table with their forearm extended over the edge of the table.
- Person B holds a ruler vertically, 2cm above person A's hand. Number one should be at the bottom and number 30 at the top.
- Person B will release the ruler, without any warning, for person A to catch using their thumb and index finger.
- When Person A catches it, record the number on the ruler displayed just over the thumb. The lower the number, the faster your reaction time.



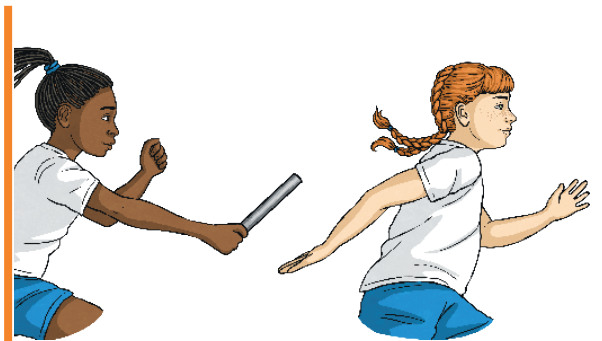
Can you improve your reaction time with practice?

2. Relay running

The 'Downsweep' is one of many different techniques that can be used for passing the baton in a relay race.

- Maintain an arm's length between runners.
- Hold out your hand behind you, palm up and open for receiving.
- Grip (don't snatch) as soon as you feel the baton in your hand.
- Keep your eyes ahead, don't turn around.
- Hold the baton at one end so there is enough surface area to grasp the baton at the other end on passing.

Teach a friend or family member the downsweep technique using a rolled-up newspaper or baton shaped object.



It might help if the incoming runner calls out, "Hand!" so that the front runner knows when to hold out their open hand behind them to receive the baton.

3. Endurance running

Practise running over longer distances and testing your endurance and stamina by playing a game of 'Cat and Mouse'.

You will need at least four people for this game.

How to play

Two teams (of two or more people) line up in separate places, at an equal distance apart, around a marked-out circuit. On the signal, the first runner from each team runs round the circle and back to their starting point to tag the next person in their team. Runner two then completes the circuit and so on. This is a continuous relay until one team catches the another.

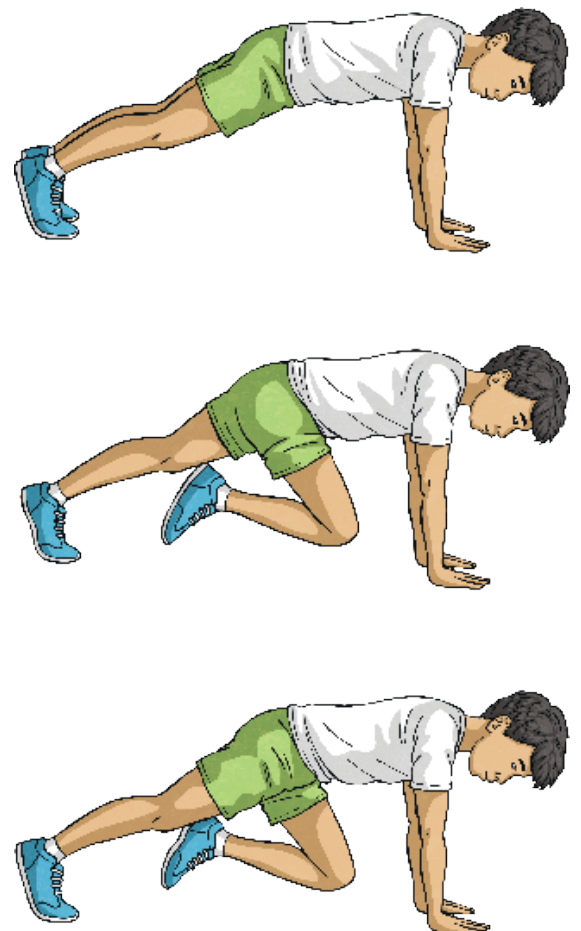
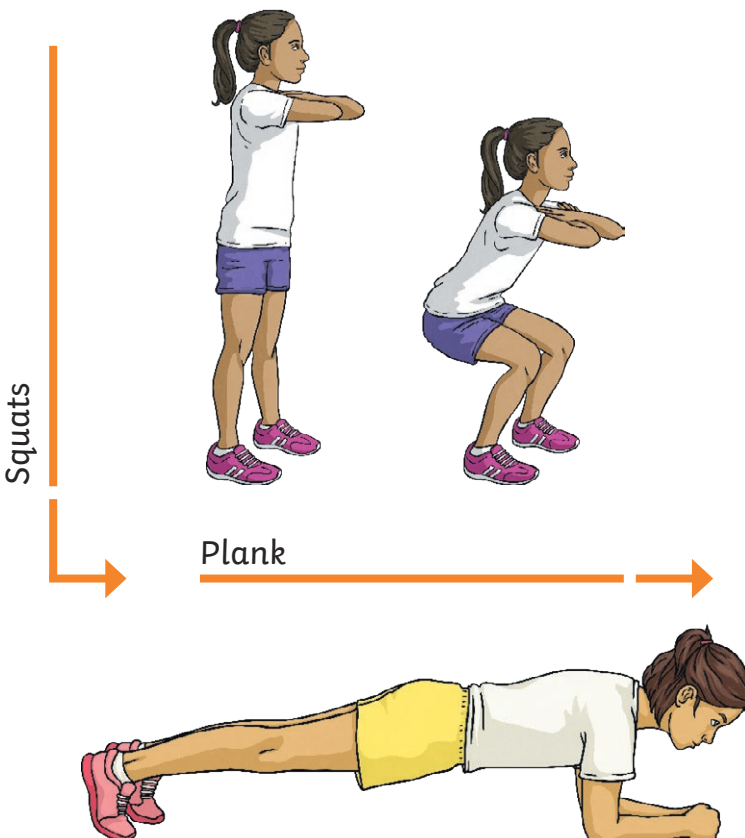


4. Hurdling

Hurdling is one of the most demanding events in track and field athletics. Hurdlers must strengthen and work on several different muscle groups in their training, including the core muscles, hip flexors and calves.

Try these different muscle strengthening exercises:

- Squats – how many can you do in 20 seconds?
- The plank – can you hold it for 30 seconds?
- Mountain Climbers – do 10, have a break and repeat.



5. The heave throw

This is a two-handed throw over the head that uses the whole body to generate maximum momentum. It is similar to the technique used for the hammer throw in athletics.



- Start with your back facing the direction of the throw and your feet shoulder-width apart.
- Hold the ball with two hands.
- Bend down, swinging the ball between your legs.
- Straighten your legs while swinging the ball upwards and backwards over the head.
- The back should be kept upright and the arms long and straight.



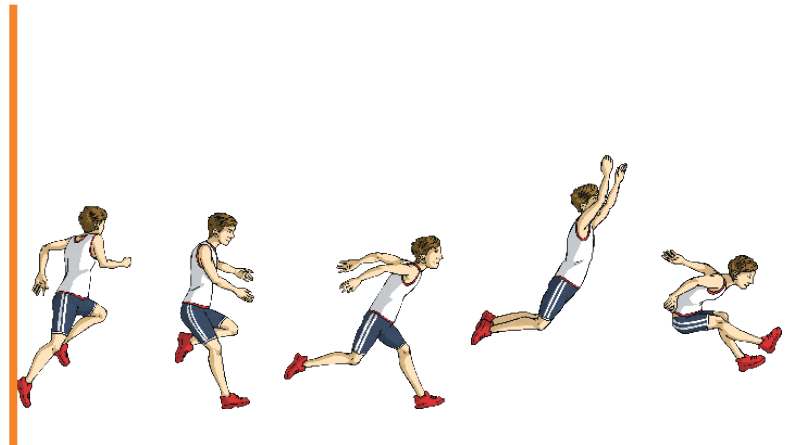
How far can you throw using this technique?

Can you measure your throw accurately?

6. Standing triple jump

The men's standing triple jump was a track & field athletics event at the 1900 and the 1904 Summer Olympic Games. Ray Ewry set the first Olympic record in this event with 10.58 metres. Here is the standing triple jump technique:

- Start with one foot on the ground.
- Hop on to the same foot.
- Step on to the other foot.
- Leap, so that both feet leave the ground, swinging your arms forwards and upwards (this is the jump phase).
- Land on both feet at the same time.



See how many hop, step and jumps it takes you to achieve the same distance as Ray Ewry did back in 1900?