



TRACK AND FIELD

CHAMPIONS
ARE MADE,
NOT BORN




Track and Field Journal


Grade 3


Name

Class

First Attempts

Run	50m	400m
		

Jump	Long Jump	High Jump
		

Throw	Shot Put	Javelin
		

Event Choice

- Choose your events!
- You must choose 1 from each category. 1 jump, 1 throw, 1 run
- Write in the boxes below
- The events you choose will be your competing events

Run	Jump	Throw

What are 3 things to remember when performing your event?



#1

#2

#3



#1

#2



#3



#1

#2



#3

Goal setting

Set yourself a goal that you will work towards achieving in this unit

Run	Jump	Throw

Week 1

Lesson 1

My measurements today:

Run		Jump		Throw	
Event:		Event:		Event:	
Practice # 1		Practice # 1		Practice # 1	
Practice # 2		Practice # 2		Practice # 2	
Practice # 3		Practice # 3		Practice # 3	



Lesson 2- Data gathering and recording

Measure in Centimeters (cm) and Meters (M)



Make sure you are accurately recording your measurements:

Run		Jump		Throw	
Event:		Event:		Event:	
Practice # 1		Practice # 1		Practice # 1	
Practice # 2		Practice # 2		Practice # 2	
Practice # 3		Practice # 3		Practice # 3	
Practice # 4		Practice # 4		Practice # 4	

Week 2

Lesson 1

My measurements today:

Run		Jump		Throw	
Event:		Event:		Event:	
Practice # 1		Practice # 1		Practice # 1	
Practice # 2		Practice # 2		Practice # 2	
Practice # 3		Practice # 3		Practice # 3	

How motivated did you feel today?



Lesson 2

My measurements today:

Run		Jump		Throw	
Event:		Event:		Event:	
Practice # 1		Practice # 1		Practice # 1	
Practice # 2		Practice # 2		Practice # 2	
Practice # 3		Practice # 3		Practice # 3	

What have you improved in so far?

What are you still working towards improving?

Week 3

Lesson 1 and 2

My measurements were: (Circle your events)

Run		Jump		Throw	
Event:		Event:		Event:	
Practice # 1		Practice # 1		Practice # 1	
Practice # 2		Practice # 2		Practice # 2	
Practice # 3		Practice # 3		Practice # 3	
Practice # 4		Practice # 4		Practice # 4	
Practice #5		Practice #5		Practice #5	

Re-visit goals

Compare your goals from week 1 to your best measurements from week 3

	Run	Jump	Throw
Start of unit			
Best measurement from Week 3 training			

Set yourself a new goal to work towards achieving:

My new run goal is...	My new jump goal is...	My new throw goal is...

Week 4

Feedback

Today you will get feedback from a peer on your technique

1. Give your buddy your book to complete the feedback on your event
2. Perform your skill for your peer 2 times

50m Run	Feedback person:
<p>Technique</p> <ul style="list-style-type: none">• Get into position quickly 快速进入蹲踞式起跑姿势准备• Form a deep forward angle with the front of your leg 双臂下垂，双手撑住地面• Weight forward onto your straight arms 身体中心前倾• Explode forward and drive your arms and legs hard 双臂和腿部迅速摆动	What do they do well?
	What can they improve on?

400m Run	Feedback person:
	What do they do well?
	What can they improve on?

Feedback

1. Give your buddy your book to complete the feedback on your event
2. Perform your skill for your peer 2 times

Shot put	Feedback person:
<p>Technique</p> <ul style="list-style-type: none">• Shot put is pushed into the neck 铅球推向耳朵下方的颈部位置• Feet shoulder width apart and body weight on back foot 双脚以肩距前后站开重心放在后侧腿上• Face away from direction of throw 背对投掷方向• Raise front leg and load/balance all weight onto the back leg 前置的脚轻抬起并将所有重量和中心平衡到后侧的腿上• Lower back leg and push hard into a hop and drive right hip forward 降低后腿并用力推动然后向前推动臀部• Push, not throw, the shot 把铅球向空中推出• Drive throwing arm forward and upward 投掷的手臂向前上放投出	What do they do well?
	What can they improve on?

Javelin	Feedback person:
<p>Technique</p> <ul style="list-style-type: none">• Javelin raised at next to your eye 表枪杆放在眼部高度的位置• Palm of javelin hand points to the sky 表枪头指向天空• Run forward and then after 5 steps turn the body into side-steps 向前跑五步然后开始滑步跑（前交叉跑）• Point non-javelin arm forward 另一手指向前面的方向• Stretch javelin arm behind you with javelin pointing at eye level 拿表枪杆的手向后伸开伸直• Do not throw like a baseball 不要将表枪杆扔出去• Throw the javelin with palm facing up 把表枪杆投出去	What do they do well?
	What can they improve on?

Feedback

1. Give your buddy your book to complete the feedback on your event
2. Perform your skill for your peer 2 times

High Jump	Feedback person:
<p>Technique</p> <ul style="list-style-type: none">• Run in a semi-circle to the mat 以半圓的曲线路径跑向跳高垫子• Jump with outside foot 外侧腿起跳• Your straight legs act like scissors 内侧带动外侧并直腿跨越• Land on your feet on the mat 双脚在跳高垫子上落地	What do they do well?
	What can they improve on?

Long Jump	Feedback person:
<p>Technique</p> <ul style="list-style-type: none">• Top speed just before jumping 全速助力跑• Stomp foot on the white board 踩上起跳板单腿起跳• Put both legs forward in the air 身体在空中腾飞时双腿向前伸• Reach forward with your arms and land with both feet forward 落地时双臂和双腿向前伸	What do they do well?
	What can they improve on?

Week 5- FINAL TRAINING!

Lesson 1

1. What are your events?

Run	Jump	Throw

2. What division are you? _____

	What time is this?	Where will you be?
Rotation 1		
Rotation 2		
Rotation 3		

Now go TRAIN! 

Week 5

FINAL LESSON

Run		Jump		Throw	
Event:		Event:		Event:	
Practice # 1		Practice # 1		Practice # 1	
Practice # 2		Practice # 2		Practice # 2	
Practice # 3		Practice # 3		Practice # 3	
Practice # 4		Practice # 4		Practice # 4	
Practice #5		Practice #5		Practice #5	

How pumped are you for your competition?

Not so pumped



Very pumped

Glossary

Body weight:

- Using only your body as a weight for exercise.

Field:

- An open space
- This is where the jump and throw events take place
- High Jump, Long Jump, Shot Put, and Javelin

Flight:

- Being in the air.

Hip:

- The bony side of your body at the top part of your leg.

Hop:

- Moving using just the one and same leg.

Javelin:

- The object you throw in the Javelin event.

Landing:

- Being on the ground after being in the air.

Loading:

- Putting weight down.

Measurements:

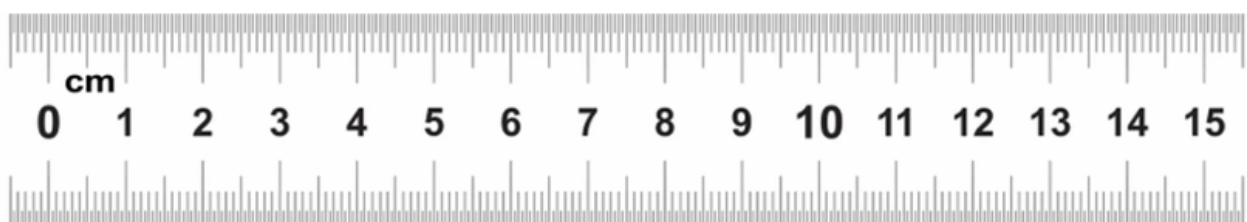
- 1 meter (m) = 100 centimeters (cm)
- For example: 1.8 meters is equal to 180 centimeters

Motivated:

- Wanting to do something.

Release:

- To let go of something.



Glossary

Run up:

- The direction you take before doing your action.

Shot:

- The object you push in the Shot Put event.

Side steps:

- Moving your body sideways without crossing legs over

Sprint:

- Running as fast as you can. Your top speed.

Starting position:

- How your body is at the beginning of your action.

Take-off:

- Leaving the ground, the start of your jump.

Track:

- The area where running events take place
- An event where you need to run different distances
- 50m and 400m