

## **Field Events – May 8**

### **Long Jump & Triple Jump**

- Basic principles
- Run-up – components and measurement
- Activity at the board – penultimate stride and contact at the board
- Flight
- Landing
- Exiting from pit
- Training activities for the long jump
- Training activities for the triple jump

### **High Jump**

- Basic principles
- Run-up – components and measurement
- Activity at the bar – penultimate4 stride and final step
- Activity in the air
- Landing and exit from the pit
- Training activities for the high jump

### **Standing Long Jump**

- Basic principles
- Arm swing, leg bend and thrust
- Landing and exiting from the pit
- Training activities for the standing long jump

### **Shot Put**

- Basic principles
- Standing technique
- Step back technique
- Glide technique
- The spin technique
- Training activities for the shot put

## **Field Events – May 8 (cont'd)**

### **Softball throw**

- Basic principles
- Standing throw
- Running throw – using the run-up
- Training activities for the softball throw



Rainbow  
Schools

## **Track Events – May 15**

### **Sprinting**

- Basic principles
- The start
- Running
- Finish
- Training activities

### **Distance**

- Basic principles
- Starting
- The run
- Finish
- Training activities