

## INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

Field events are competitions which involve jumping and throwing: the long jump, the high jump, the javelin throw, the discus throw, the hammer throw, the pole vault and the shot-put.

## HISTORY OF FIELD SPORTS

Track and field events are commonly known as “athletics” in England and on the European continent. Such events are among the oldest form of competitive sports ever recorded. These events were encouraged among young athletes in ancient Egypt and Asia.

The Olympic Games, which are held every four years, showcase the talents of international athletes who specialize in track and field events. Other competitions for track and field participants include the European, Commonwealth, African, Pan-American and Asian competitions.



## HOW THE SPORTS ARE PLAYED

### *THE LONG JUMP*

The long jump, formerly known as “the broad jump,” is considered the least difficult of field events. The most important ingredients for success in this jump are an agile body and “springy” legs, which is a popular way of describing legs whose muscles are capable of the kind of explosive power required to hurl the mass of the body a long distance.

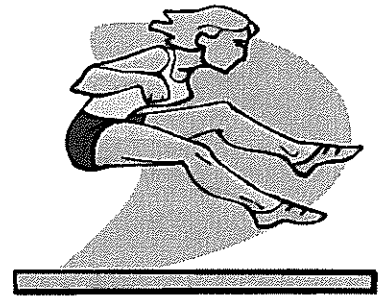
The long jump requires the athlete to jump from a takeoff board and leap into the air. There are four basic parts to this jump: the approach, the takeoff, the airborne position and the landing.

The **approach**: An athlete is allowed three separate tries in this jump. As the runner approaches the takeoff board, he/she uses a sprinter's stride with the knees kept high and the arms moving back and forth rapidly. Achieving the correct approach speed is critical. An approach that is too fast or too slow will adversely affect the final jump.

The **takeoff**: As soon as the runner's toe hits the takeoff area or toe board, his or her body should be held straight. The runner then moves forward and upward. The takeoff leg comes out while the opposite leg moves forward and the arms and head swing up.

The **airborne position**: Once the runner is in the air, the arms must be kept up without allowing them to fall behind the body. The legs should remain in a semi-sitting position, although they should not be too far forward.

The **landing**: As the runner lands, the back is straight but not rigid, with head and arms held forward. Falling with the legs forward is essential since the jump is measured from the edge of the takeoff board to where the heels break the surface of the sand. If a runner falls back at this point, the jump is measured from the point where he or she fell.



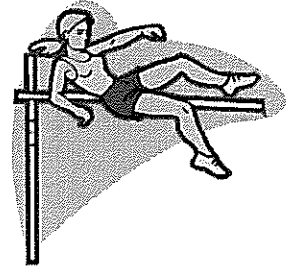
## *THE HIGH JUMP*

The goal of the high jump is to go over a thirteen-foot-long raised bar without knocking it over. A good high jumper needs two main attributes: excellent leaping skills and precision control.

High jumpers get three attempts to finish the jump. There are three common techniques for high jumping: the scissors kick, the Fosbury flop and the straddle roll.

The **scissors kick** is taught to beginners since it is considered the easiest of the three moves to learn. The runner approaches the high bar from the

right, using seven to eight steps in his or her approach. Then he/she jumps with a push from the left leg as the right leg moves to cross the bar. The left leg then follows the right leg over the bar. The jumper will appear to spectators to be in a sitting position for the split second while in the air.



The **Fosbury flop** was created in 1968 by U. S. Olympic champion Dick Fosbury. As the jumper moves toward the high bar, he or she places a foot parallel to the bar. The jumper then springs up, twisting the back toward the bar, arches the back, and arcs over the bar to fall backward, head first. Once the hips clear the bar, the chin is tucked into the chest to help protect the head on landing. A large foam rubber pit is used to break the fall of all jumpers using this move.

In the **straddle roll**, the jumper's stomach faces the ground as it goes across the bar. The arms are tucked in and the trailing leg is bent at the knee. The head and hips are rotated as the jumper goes over the bar.

In all high jumps, a coach should always be present to oversee practice sessions. The high jumps are complicated to perform correctly, so it is important that all young athletes be properly supervised during practice.

## *THE JAVELIN THROW*

The javelin throw is one of the oldest field events known to humankind. It was introduced in the Olympic Games of 708 B.C. as a direct descendent of spear-throwing contests.

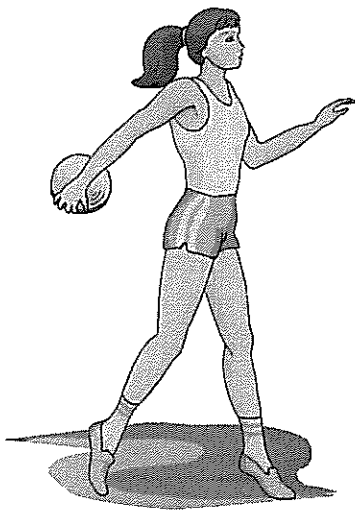
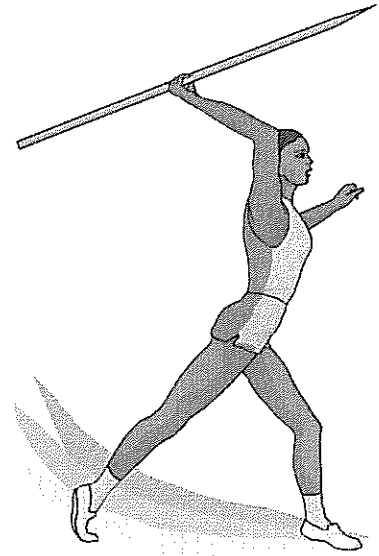
The javelin throw involves hurling a long, hollow, spear-like shaft over the athlete's shoulder at the end of an approach run.

Javelin throwing looks deceptively simple to the casual spectator. However, it is quite difficult to execute correctly. Many times, spectators have been injured from incorrect throws, so it is important to exercise caution in this event.

The javelin rests in the palm of the hand, held firmly but not tightly by the fingers. The thumb and index fingers are the most important throwing fingers. The throw itself can

be broken down into seven basic steps. As it is with a golf swing, these seven parts of the javelin throw should appear as a smooth, flowing movement:

1. Sprint forward with the javelin, maintaining good balance as you move forward.
2. Drop the arm holding the javelin to about waist level.
3. Keep the arm holding the javelin bent as you point the javelin up and away from the body.
4. Twist your body as you plant one leg firmly while the other leg crosses over and extends.
5. Bring the extended leg down as your body leans backward and you prepare to throw.
6. Push off with your back foot as your body and arm move forward.
7. Throw the javelin in one fluid motion. Note that the actual release of the javelin is a whip-like motion. The javelin must land with the point in the ground, although it does not have to stick in the ground.



### *THE DISCUS THROW*

The discus is perhaps the single item most often associated with field events. The discus was mentioned as early as the 8th century B.C. in accounts of athletic contests. Today it continues to be an important part of the Olympic Games.

The discus is a four-pound, saucer-shaped object. A two-pound discus is usually used in women's competitions. It is thrown from a circle measuring about eight feet in diameter. Here is how to throw the discus:

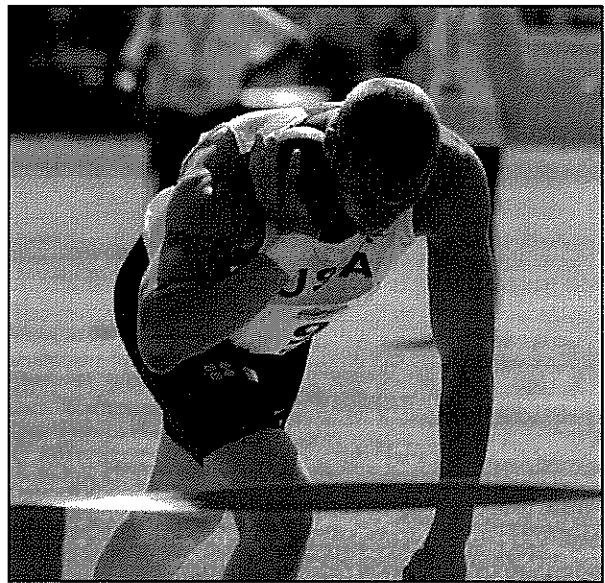
1. Start the throw facing the rear of the circle. Hold the discus with the index finger and thumb around the outer edge and the palm against the center of the discus. You must remain inside the throwing circle at all times; otherwise, the throw is not considered legal.

2. Spin your body while completing one and a half turns before releasing the discus.
3. Then throw the discus with a snapping motion of the arm. Despite its weight, a properly thrown discus will seem to sail through the air like a Frisbie. Each thrower performs the event three times.

Like the javelin throw, the discus throw looks simple but is hard to do well. The first man to throw the discus over 200 feet was Al Oerter at the 1956 Olympic Games. Oerter set four world records in this event.

### *SHOT PUT*

The shot is a 16-pound metal ball (9 pounds for women). It is not thrown; instead the arm is extended at the elbow (straightened) to push or heave the shot away at a 45 degree angle. The shot is pushed or heaved from a circle seven feet in diameter. Since the ball is so heavy, many shot putters practice weight training in preparation for this event. Remember that you need explosive power to do the shot put. Consequently, if you weight train for the shot put, you should work not for strength alone, but for fast, explosive power in pressing movements such as the bench press. Shot putters tend to be among the larger athletes in track and field events; some weigh up to 300 pounds. Here is how to do the shot put:



1. Hold the shot in the palm of your hand, with the elbow bent and the shot resting against your neck, just below the ear. Face opposite the direction in which you will aim the shot.
2. Spin your body 180 degrees across the circle in order to gain momentum. Be careful to turn your head away from the shot during the turn in order to avoid injury.

3. Extend your arm with an explosively fast movement, and snap the shot into the air with a snap of your fingers.

## *HAMMER THROW*

Many professional athletes consider this the most difficult of the events to learn. The hammer throw requires great strength as well as precision.

The “hammers” used in the event are not traditional building tools, but metal balls attached by a wire to a handle. The entire piece of equipment weights 16 pounds. Here’s how to do the hammer throw:

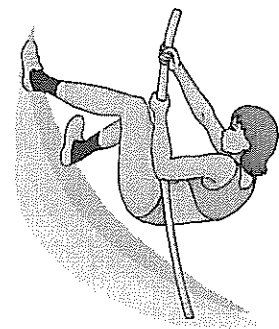
1. Grasp the handle and swing the hammer around your body a minimum of four times to gain momentum.
2. When you have gained maximum momentum and are at precisely the point in your spin that will send the hammer in the right direction, release the hammer into the air. Timing is everything in this throw.

This event was one dominated by Irish Americans. John Flanagan set 17 world records and won three Olympic events between the years 1900 and 1908. After 1930, this event came to be dominated by Eastern European athletes.

## *POLE VAULT*

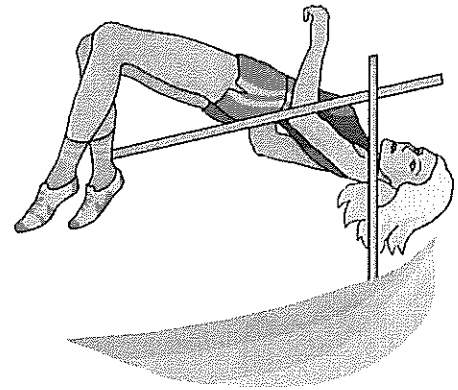
Pole vaulting requires superior upper body strength, balance, control, agility and great courage. In short, it is an extremely difficult event, requiring hours of gymnastics and weight training in preparation for its performance. Here’s how to do the pole vault:

1. Hold the 16-foot-long fiberglass pole with both hands.
2. As you start your run toward the crossbar, keep a firm grip on the pole with both hands. Lift the pole to a horizontal position. One arm should be bent at the elbow, and held against the body with the hand near the ear as it grips the pole. The other arm should be bent at the elbow but held out away from the body, with the hand still gripping the pole.
3. As you approach the crossbar, drop the tip of the pole and securely place it



into the ground at the spot prepared for it.

4. Kick off with your legs, and at the same time pull up with your arms so that your body makes an arc as the pole helps propel you through the air.
5. As you go over the crossbar, push the pole backwards so that it does not knock over the crossbar. Most vaulters go over the crossbar backwards (see the description of the “Fosbury Flop” under the High Jump above).
6. Tuck your head in to avoid injury and fall over the bar to the padded area below.



## EQUIPMENT AND CLOTHING

Field event clothing is traditionally loose-fitting to allow for maximum freedom of movement. Tank tops are standard for men, leotards or shirts for women. Shorts are standard for both.

## FIELD EVENTS NOTES AND NEWS (Information taken from a variety of sources including ESPN, NCAA, Wikipedia and newspapers)

Track usually dominates the track and field news, but if you have ever watched field events on television or in person, you know that they can be as dramatic as any track event.

The 2012 Olympic Gold Medal winners in Field events were as follows:



### Men's Events

Event	Contestant	Country
High Jump	Ivan Ukhov	Russia
Pole Vault	Renaud Lavillenie	France
Long Jump	Greg Rutherford	Great Britain
Triple Jump	Christian Taylor	United States
Shot Put	Tomasz Majewski	Poland
Discus Throw	Robert Harting	Germany

Hammer Throw	Krisztián Pars	Hungary
Decathlon	Ashton Eaton	United States

### Women's Events

<u>Event</u>	<u>Contestant</u>	<u>Country</u>
Long Jump	Brittney Reese	United States
Triple Jump	Olga Rypakova	Kazakhstan
Shot Put	Nadzeya Astapchuk	Belarus
Discus Throw	Sandra Perković	Croatia
Javelin Throw	Barbora Špotáková	Czech Republic
Heptathlon	Jessica Ennis	Great Britain
Pole Vault	Jenn Suhr	United States
Hammer Throw	Tatyana Lysenko	Russia

### *NCAA Championships*

Florida took home its first outdoor-national championship at the 2012 NCAA track and field meet.

The win snapped a three-year title run by the women and men of Texas A&M.

The title came down to the final race, the 1,600 relay, between Florida, LSU and Texas A&M. Anchor Tony McQuay gave the Gators the lead on the backstretch and the win in 3 minutes, 0.02 seconds.



Florida finished with 50 points, followed by the Tigers (48) and Texas A&M (40).

The Gators, who'd won the last three indoor titles without matching it in outdoors, started the bell lap for the 1,600 in second behind Southern California and with LSU right behind them. If that would have held the Gators and Tigers would have split the national title, but McQuay put on a burst to move past USC's Bryshon Nellum while Tigers anchor Riker Hylton stayed in third.

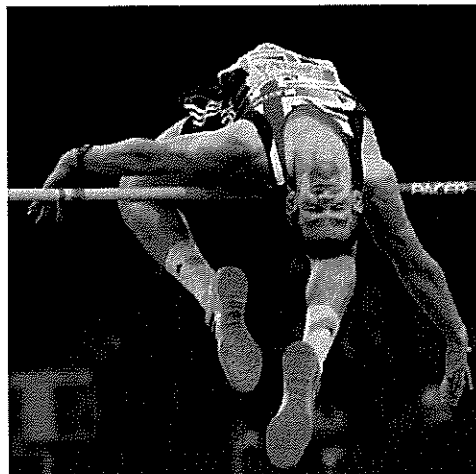
What made Florida's title run all the more remarkable was that the Gators did it without star sprinter Jeff Demps, who skipped the NCAA meet to rest an injured hamstring.



Florida State's Maurice Mitchell gave the Seminoles their sixth national champion in the 200 meters in seven years and a brief lead. But that was Florida State's last shot, and the Seminoles finished fourth with 38 points.

The 1,500 meters didn't have any impact on the team race, but it might have been the best race of the meet.

Indiana's Andrew Bayer closed on BYU's Miles Batty down the backstretch, but Batty appeared to hold the slightest of leads as both approached the finish line. Bayer and Batty leaned hard and tumbled harder, and Bayer leapt up and turned to the scoreboard to learn that his 3:43.82 had bested the still-fallen Batty by 1/100th of a second.

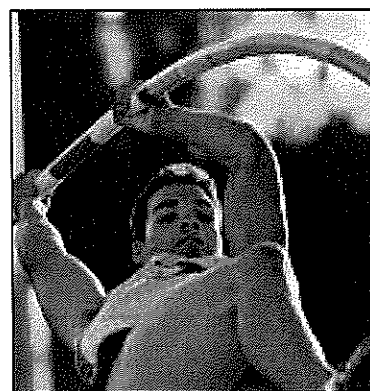


"I was set up with 200 meters to go and I was like 'I'm not going to let this go, I'm going to fight to the end,'" Bayer said.

Illinois star Andrew Riley became the first to sweep the men's 100 meters and 110-meter high hurdles, winning the 110 on Saturday in 13.53.



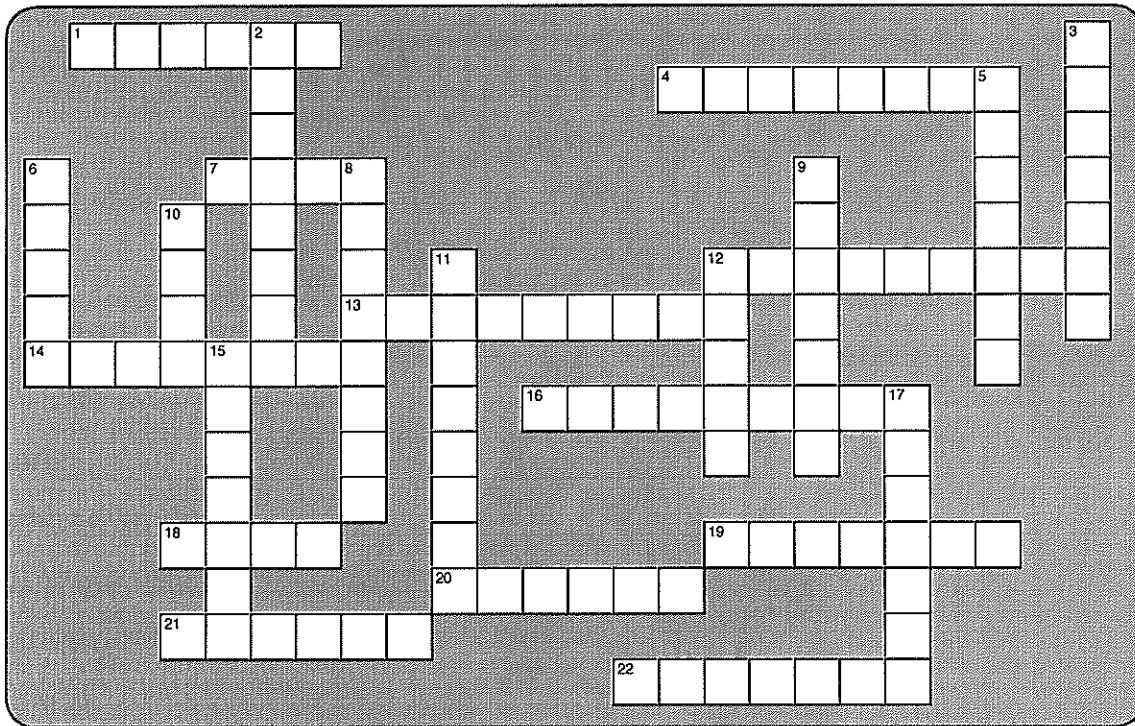
The NCAA updates winners at their website: <http://www.ncaa.org>





5. What is the goal of the high jump?
  
6. What is the scissors kick? the Fosbury Flop? the straddle roll?
  
7. Describe the six steps by which the javelin throw is executed.
  
8. What are the “hammers” used in the hammer throw?
  
9. What are the physical requirements for pole vaulting?
  
10. How is the pole vault executed?

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

1. Field events are the \_\_\_\_\_ competitive sports recorded
4. Type of high jump kick
7. The javelin rests here before the throw
12. J. Flanagan holds this many hammer-throw records
13. Kind of power needed for the long jump
14. Length in feet of high jump bar
16. English name for track and field events
18. This jump is also known as the "broad jump"
19. Field event competitions often involve this
20. Inside a javelin
21. This continent has a competition for field events
22. Invented a high jump style named the "flop"

**Down:**

2. This roll is a type of high jump style
3. Last part of the long jump
5. Weight in pounds of the men's shot put
6. The pole \_\_\_\_\_ event has a high bar
8. One must have this at the maximum when throwing the hammer
9. This event is similar to throwing a spear
10. Weight in pounds of the men's discus
11. First part of the long jump
12. Number of events in field sports
15. Second part of the long jump
17. Type of legs needed for the long jump

Name: \_\_\_\_\_ Date: \_\_\_\_\_



Find these words in the above puzzle. Circle the words.

- |           |        |          |
|-----------|--------|----------|
| Field     | Oerter | Landing  |
| Discus    | Vault  | Roll     |
| Athletics | Hammer | Shot     |
| Scissors  | Tops   | Elbow    |
| Fosbury   | Track  | Neck     |
| Javelin   | Jump   | Flanagan |