

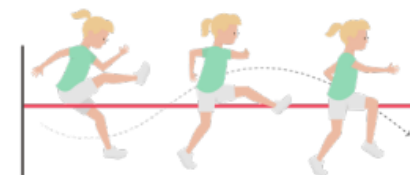
Key vocabulary

accelerating	an increase in speed when running. This is mainly seen at the start of a run and toward the end for a 'sprint finish'.
baton	an object passed from runner to runner in a relay race.
discus	A throwing event that involves throwing a disc-shaped object as far as possible using a sling throw.
dominant foot	The leg that goes over a hurdle first when jumping an obstacle. Sometimes known as the lead leg.
hurdle	An obstacle that has to be jumped over during a race. Usually around waist-high, they are spread evenly along a track for an athlete to complete as fast as possible.
javelin	A throwing event that involves throwing a long spear-like object as far as possible using a pull throw.
long jump	an event where an athlete jumps the furthest distance possible horizontally from behind the jump line.
pull throw	A method used most commonly to throw a shot. It involves 'pushing' on an object that starts near the neck whilst shifting body weight forward to help build momentum for the throw.
sling throw	A method of throwing an object used for discus-style throws.
sprint	any running event that takes place over a short distance in athletics. It involves an athlete running as quickly as possible. Sprint races include 100m, 200m, 400m and hurdles.

Take off when jumping in a variety of ways -Using a smooth approach and take off when jumping



Combine running and jumping over obstacles - Approach and jump hurdles without stopping.



Use a pull throw to throw a javelin for accuracy and distance -
Throw a javelin using a pull throw technique.

