LEARNING AS ONE NATION

Expanded Project

PE and Health 12 Q3_1

SHS LEARNING ACTIVITY

Name: _____ **Score/Mark:** _____

Grade and Section: _____ **Date:** _____

Strand: ☐ STEM ☐ ABM ☐ HUMSS ☐ ICT (*TVL Track*)

Subject: *Physical Education and Health*

Type of Activity: ☑ Concept Notes ☑ Skills: Exercise/Drill ☐ Illustration ☑ Performance Task ☐ Essay/Report ☐ Others: _____

Activity Title: Brief History of Athletics

Learning Target: To be familiar with a brief history of athletics

References: *(Author, Title, Pages)*
J. Todd, The History of Track and Field, https://www.flotrack.org/articles/6747663-the-history-of-track-and-field; World Athletics, Heritage History; https://worldathletics.org/heritage/history
P.R.F. Carpio, CVIF-SHS Learning Activities

Brief History

Athletics, a sport founded during the great age, has developed through the centuries, providing a dynamic, life-enhancing sport for interested people. Throughout the years, athletics underwent many changes, which reflected political and socio-economic evolution of the wider world.

Athletics gained popularity during the modern age. It had a strong cultural significance seeded in Greek mythology, where the sport started to be influential. In England, the first university track meet happened, and two years later, championships took place. The sport evolved in the United States, where collegiate races were held.

The sport became popular and has been established as the "exercise components" of national educational systems. It blossomed into a well-developed industrial society and developed as a competitive program in different schools and universities, even with organizations such as the military and private clubs.

Events

There are two event categories for Athletics: the **track events** and the **field events.** Track events consist of sprint, middle-distance and long-distance running, walkathon, hurdle and relay events. On the other hand, field events include the jumping and throwing events. There are also two combination events wherein athletes participate in several track and field events.

TASK:

1. Familiarize yourself with the brief history and the different events of Athletics.
2. On a long bond paper, identify **ALL** the events for both **track** and **field** events. Make sure to include all references used.
3. Attach your output with this Learning Activity Sheet, and submit it next face-to-face meeting.
4. Be ready for a running session next meeting.

REINFORCEMENT: The two **combination** events for Athletics, as mentioned above, include running and throwing events which are done for only two days. What are these combination events?