LEARNING AS ONE NATION

Expanded Project

PE and Health 12 Q3_2

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: Athletics: Track and Field Events

Learning Target: To be familiar with track and field events

References: *(Author, Title, Pages)* P.R.F. Carpio, CVIF-SHS Learning Activities

Track events

Track events are running events consist of three categories: sprinting, middle-distance running, and long-distance running. These three categories are further divided into sub-categories that an athlete should participate:

1. For sprinting events, the sub-categories are 100-meter, 200-meter, and 400-meter dash. Hurdle and relay events are also included: for hurdle events, 100-meter hurdles (for women), 110-meter hurdles (for men), and 400-meter hurdles for both genders; for relay, 4x100-meter and 4x400-meter events.
2. For middle-distance running events, the sub-categories are 800-meter, 1500-meter, 3000-meter, and 3000-meter steeplechase. There is also a walking event, which is the 3000-meter Walk.
3. For long-distance running events, the sub-categories are 5000-meter and 10000-meter run. There is also a walking event, which is the 5000-meter Walk.

The winner is usually determined by which athlete runs the event the fastest.

Field events

Field events consist of two categories: throwing and jumping. These two categories are further divided into sub-categories that an athlete should participate:

1. For jumping events, the sub-categories are horizontal jump competitions which consist of the long jump and triple jump, and vertical jump competitions which consist of the high jump and pole vault.
2. For throwing events, the sub-categories are shot-put throw, discus throw, javelin throw, and hammer throw.

The winner for the horizontal jump competition is usually the athlete who was able to jump the farthest, while the winner for vertical jump competition is usually the athlete who was able to jump the highest per rule of the event. For the throwing event, it is usually determined by which athlete throws the designated equipment for an event the farthest.

TASK:

1. Study the different events for both track and field, then choose only one particular event. On a long bond paper, write a short definition, objective and rules, equipment to be used (if there is any), and some interesting facts about your chosen event. Attach your output with this Learning Activity Sheet.
2. Be ready for a Performance Task next face-to-face meeting.