

# Summer School for Physical Education Teachers 2002

## Teaching of Athletics in Primary and Secondary Schools

**Tutor: Mr. HUNG Chi-kwong**

### Objectives

- To introduce the teaching methods of track and field (T/F) activities in school;
- To discuss the organization and training and athletic teams;
- To introduce the rules and regulations in track and field competitions; and
- To discuss the current trends in sports education.

### Outline

#### **1. Training theories and implementation**

- Teaching objectives and learning targets in T/F PE lessons
- Unit planning in T/F teaching
- Preparation of T/F team for competition (Coaching skills and Training methods)
- Warming up and stretching exercises for T/F

#### **2. Running events**

- Teaching and training of starting and sprinting skills
- Teaching and training of relay racing
- Teaching and training of hurdling skills
- Teaching and training of distance running
- Discussion and evaluation

#### **3. Jumping events**

- Strength training in jumping events
- Basic skills in high jump
- Basic skills in long jump and triple jump
- Competition rules and regulations in jumping events

#### **4. Throwing events**

- Strength training in throwing events
- Basic skills in discus and javelin throwing
- Basic skills in shot putting
- Competition rules and regulations in throwing events

### References Recommended by Course Tutor

1. 徐惠芬, 謝秉善等 (2001) *屈臣氏田徑訓練專輯 VCD*。
2. 楊永年, 鄧根來等 (1999) *香港業餘田徑總會一級田徑教練訓練班教材*。
3. 馬明彩, 王士玉等 (1979) *田徑-少年兒童業餘訓練教材*, 人民體育出版社。

4. 宮原美佐子 (2001) *由慢跑進入馬拉松* (聯廣圖書)。
5. Hemery, D. (1987). *Athletics in action – Track*.
6. Hemery, David (1987) *Athletics in action – Field*.

**Websites Recommended by Course Tutor**

1. 小熊網站：<http://pandacity.uhome.net/athletic.htm>
2. 阿湯的體育課：<http://www.sportol.idv.tw/pe/>
3. 運動網站策略聯盟：<http://www.sportol.idv.tw/sportol/>
4. 田徑遊戲及活動：<http://192.192.59.8/na/run.htm>
5. 體育教學園地：<http://192.192.59.8/na/>
6. HKIED 簡寶欣：<http://home.ied.edu.hk/~s9956980/home.htm>
7. 400 公尺---田徑網站：<http://www.400m.idv.tw/>
8. 運動網站策略聯盟：<http://140.123.226.99/sportol/index.html>