

3.1 Introduction

Athletics consists of running, jumping and throwing events. In primary and secondary schools, PE students are commonly taught the skills in sprinting, middle distance running, relay, hurdling, triple jump, long jump, shot put, softball throw, discus throw, javelin throw, etc.

Athletics skills are very important because running, jumping and throwing are fundamental to many sports. In athletics lessons, students learn related physical skills; study the history and development, rules, regulations, characteristics of different events and safety precautions; understand the importance of athletics in maintaining individuals' physical and mental health; develop appropriate attitudes and etiquettes towards win-loss and adverse situations through competitions; and form good individual qualities of perseverance, trying one's best, love of a challenge and team spirit.