

The Chinese University of Hong Kong P.E. Unit
Track & Field Course Content
(Sprint, Shot Put, Long Jump, Javelin Throw)

Wk No.	First Period	Second Period
1	<ol style="list-style-type: none"> 1. Course requirements 2. Briefing on the Course Contents and Examination Items 	<ol style="list-style-type: none"> 1. General Sports Knowledge 2. Sprint - A. Sprint Start B. Form of sprinting
2	<ol style="list-style-type: none"> 1. Sprint - revision on sprint start 2. Shot Put - Shot cradling and preparation of the put 	<ol style="list-style-type: none"> 1. Sprint - revision on start and acceleration sprint technique 2. Shot Put - Shot put from a standing position facing forward
3	<ol style="list-style-type: none"> 1. Sprint - Start and acceleration 2. Shot Put - Shot put from a standing position facing sideway 	<ol style="list-style-type: none"> 1. Sprint - Finishing 2. Shot Put - Shot put from a standing position facing sideway
4	<ol style="list-style-type: none"> 1. Sprint - Finishing 2. Shot Put - Shot put using the glide technique 	<ol style="list-style-type: none"> 1. Sprint - Practice of 100m sprint 2. Shot Put - Shot put using the glide technique
5	<ol style="list-style-type: none"> 1. Sprint - Practice of 100m sprint 2. Shot Put - Shot put using the glide technique practice 	<ol style="list-style-type: none"> 1. Sprint - Practice of 100m sprint 2. Shot Put - Shot put using the glide technique practice
6	<ol style="list-style-type: none"> 1. Long Jump - A. Measuring a run-up with check marks B. Take-off 2. Javelin Throw - methods of gripping the javelin 	<ol style="list-style-type: none"> 1. Long Jump - arm and leg actions of the hang technique in the aerial phase and landing phase 2. Javelin Throw – the release of the throw
7	<ol style="list-style-type: none"> 1. Long Jump - arm and leg actions of the hang technique in the aerial phase and landing phase practice 2. Javelin Throw – practice on the release of the throw 	<ol style="list-style-type: none"> 1. Long Jump - arm and leg actions of the hang technique in the aerial phase and landing phase practice 2. Javelin Throw – Facing forward to throw the javelin into the ground.
8	<ol style="list-style-type: none"> 1. Long Jump – Long Jump practice 2. Javelin Throw – Sideway standing throw of the javelin into the ground. 	<ol style="list-style-type: none"> 1. Long Jump – Long Jump practice 2. Javelin Throw - Cross Step throw
9	<ol style="list-style-type: none"> 1. Long Jump – Long Jump practice 2. Javelin Throw - Cross Step throw with run-ups 	<ol style="list-style-type: none"> 1. Long Jump – Long Jump practice 2. Javelin Throw - Cross Step throw with run-ups
10	Revision	Revision
11	Revision	Examination
12	Examination	Examination
13	Examination	Examination & Course Evaluation