

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	1. Course requirements 2. Briefing on the Course Contents and Examination Items	1. General Sports Knowledge 2. Sprint - A. Sprint Start B. Form of sprinting
2	1. Sprint - revision on sprint start 2. Shot Put - Shot cradling and preparation of the put	1. Sprint - revision on start and acceleration sprint technique 2. Shot Put - Shot put from a standing position facing forward
3	1. Sprint - Start and acceleration 2. Shot Put - Shot put from a standing position facing sideway	1. Sprint - Finishing 2. Shot Put - Shot put from a standing position facing sideway
4	1. Sprint - Finishing 2. Shot Put - Shot put using the glide technique	1. Sprint - Practice of 100m sprint 2. Shot Put - Shot put using the glide technique
5	1. Sprint - Practice of 100m sprint 2. Shot Put - Shot put using the glide technique practice	1. Sprint - Practice of 100m sprint 2. Shot Put - Shot put using the glide technique practice
6	1. Long Jump - A. Measuring a run-up with check marks B. Take-off 2. Javelin Throw - methods of gripping the javelin	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	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	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	1. Long Jump – Long Jump practice 2. Javelin Throw – Sideway standing throw of the javelin into the ground.	1. Long Jump – Long Jump practice 2. Javelin Throw - Cross Step throw
9	1. Long Jump – Long Jump practice 2. Javelin Throw - Cross Step throw with run-ups	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