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Chapter

Athletics

Lesson 1

Athletics

Part One Listening and Speaking

Activity 1

 Listen to the following conversation, and then work in pairs to act it out.

(The theme of today's P.E. theory class is athletics. After explaining why athletics is the mother of sports, Mr. Zhang answered some questions from John.)

A: Why is track and field called the mother of sports?

B: Because it serves as the basis for other sports through its training methods. These methods are widely used to develop physique. Track and field can also improve one's quality of training.

A: OK. So, what are the categories of track and field?

B: As you might expect, there are just three: field events, track events and all-round events.

A: Got it. I'm also curious about its history. Can you tell me about the earliest track and field competition?

B: Sure. It was the straight sprint, which was held at the first ancient Olympic Games in the Olympic Village of Greece in 776 B.C.

A: Oh, I see.

Words and Expressions

athletics /æθ'letiks/ *n.* 田径运动

track and field 田径

basis /'beɪsɪs/ *n.* 基础

physique /fr'zi:k/ *n.* 体格; 身体素质

category /'kætəgəri/ *n.* 分类, 种类



field event 田赛项目

track event 径赛项目

all-round event 全能项目

Activity 2

 Work in pairs and answer the following questions.

-  **Question 1:** Why is track and field an important index of a country's sports level?
-  **Question 2:** What are the distinct characteristics of track and field?

Part Two Reading

Passage 1

Directions: Read the passage about track and field events in the world and discuss the following questions with your partner.

Track and Field Events in the World

Olympic track and field events are the earliest track and field events in the world. Men's events started at the first modern Olympic Games in 1896, while women were first allowed to compete in track and field in the 9th Olympics in 1928. Track and field events are the basis of the Olympic Games and can fully embody the Olympic motto of "faster, higher, stronger". The Olympic Games which are held every four years urge better records and eminent athletes.

The IAAF World Championships in Athletics were first held in Helsinki, Finland in 1983. From then on they were held every four years, the year before Olympic Games and then every two years after the third one in 1991. It comprised track and field competitions plus the marathon and race walking competitions. In effect, the IAAF World Championships in Athletics serve as an inspection of the Olympic Games. The IAAF World Indoor Championships in Athletics have been held every two years since 1985 and they are the only world championship that consist of solely track and field events.

The marathon is a long-distance running event with an official distance of 42.195 kilometers. Having been highly supported by Pierre de Coubertin, it has been listed as an Olympic event since 1896. The women's marathon was not introduced into the Olympics until the 1984 Los Angeles Olympic Games. It is usually run as a road race, with either a round-trip of the starting point and terminal point at the same place, or

with a one-way route of the starting and the terminal point at different places. There is no world record with the marathon, which only announces the best result. Nowadays, more than 500 marathons are held throughout the world each year, with the vast majority of competitors being recreational athletes as larger marathons can have tens of thousands of participants.

Words and Expressions

embody /ɪm'bɒdɪ/ *v.* 体现, 使具体化
motto /'mɒtəʊ/ *n.* 格言, 座右铭
urge /ɜ:dʒ/ *v.* 驱策, 推进, 力促
eminent /'emɪnənt/ *adj.* 杰出的
comprise /kəm'praɪz/ *v.* 包含, 由……组成

inspection /ɪn'spekʃn/ *n.* 视察, 检查
round-trip *adj.* 双程的, 往返的
terminal /'tɜ:mɪnəl/ *n.* 终点
route /ru:t/ *n.* 路线
announce /ə'naʊns/ *v.* 宣告, 宣布

Sports Terms

faster, higher, stronger 更快、更高、更强
IAAF World Championships in Athletics 世界田径锦标赛
marathon /'mæɾəθən/ *n.* 马拉松赛
race walking 竞走
IAAF World Indoor Championships in Athletics 世界室内田径锦标赛
road race 公路赛

Questions:

1. When were track and field events listed as Olympic events?
2. What's the purpose of the IAAF World Championships in Athletics?
3. How long is the whole journey of a marathon?

Passage 2

Directions: Read the passage about the International Association of Athletics Federations and discuss the following questions with your partner.

International Association of Athletics Federations

The International Association of Athletics Federations (IAAF) was founded as

the worldwide governing body for the sport of track and field on 17 July, 1912 in Stockholm, Sweden. Since October 1993, it has been headquartered in Monaco. The IAAF's current president is Sebastian Coe of the United Kingdom. It has a total of 215 member federations divided into six area associations in Europe, Asia, Africa, Central and North America, South America and Oceania. English, French, Russian, German and Spanish are the working languages. There are five professional committees, namely, the Technology Committee, Women Committee, Walking Committee, Cross-country Race Committee and Medical Committee. The Chinese Athletic Association (CAA) joined the IAAF in 1978.

The IAAF organizes many major athletics competitions worldwide. Track and field contests make up the majority of events in the Olympics, which occur every four years. Other major international competitions for track and field include the IAAF World Championships in Athletics, the IAAF World Cup, the IAAF World Junior Championships in Athletics, the IAAF World Youth Championships in Athletics, the IAAF World Indoor Championships in Athletics, the IAAF Golden League, the International Association of Athletics Finals, the IAAF Super Grand Prix, the IAAF Grand Prix and the IAAF Grand Prix Final.

Words and Expressions

Oceania /ˌəʊsɪˈɑːniə/ *n.* 大洋洲

majority /məˈdʒɒrəti/ *n.* 多数, 大多数

Sports Terms

International Association of Athletics Federations (IAAF) 国际田径联合会(国际田联)

Chinese Athletic Association (CAA) 中国田径协会(中国田联)

IAAF World Junior Championships in Athletics 世界青年田径锦标赛

IAAF World Youth Championships in Athletics 世界少年田径锦标赛

IAAF Golden League 国际田联黄金联赛

International Association of Athletics Finals 国际田径协会决赛

IAAF Super Grand Prix 国际田联超级大奖赛

IAAF Grand Prix 国际田联大奖赛

IAAF Grand Prix Final 国际田联大奖赛总决赛

Questions:

1. Where is the IAAF's headquarters? Who is the current president?
2. What are the working languages of the IAAF?
3. What competitions does the IAAF mainly organize?

Part Three Exercises

Directions: Do the following exercises.

1. Give a brief account of the development of track and field in China from the perspective of the National Games.
2. Talk about your favorite track and field event, and give your reasons.

Part Four Rules and Concepts

1. Track and field is a sport which combines sprints, middle- and long-distance events, hurdling, relay races, steeplechase, marathon, high jump, pole vault, long jump, triple jump, shot put, discus, hammer, javelin, race walking, and all-round events.
2. The events of track and field include the following:

Men's

- Running
100, 200, 400, 800, 1500, 5000, and 10,000 meters
3000 meters steeplechase
marathon
4×100 meters and 4×400 meters relays
110 meters hurdles and 400 meters hurdles
20 km and 50 km race walk
- Jumping
high jump
long jump
pole vault
triple jump

- Throwing
 - javelin
 - shot put
 - hammer
 - discus

- Decathlon

Women's

- Running
 - 100, 200, 400, 800, 1500, and 3000 meters
 - marathon
 - 4×100 meters and 4×400 meters relays
 - 100 meters hurdles and 400 meters hurdles
- Jumping
 - high jump
 - long jump
- Throwing
 - javelin
 - shot put
 - discus
- Heptathlon

3. Every athlete shall be provided with two bibs which, during the competition, shall be worn visibly on the breast and back, except in the high jump and pole vault, where one bib may be worn on the breast or back only. The bib shall correspond with the number allocated to the athlete on the start list or in the program.
4. If an athlete is disqualified in an event for an infringement of any rule, reference shall be made in the official results to the rule which has been infringed. Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.
5. Disqualification from an event for unsportsmanlike or improper behavior shall render the athlete liable to disqualification by the referee from participation in all further events.
6. In a match where the result is to be determined by the scoring of points, the method of scoring shall be agreed upon by all the competing countries before the start of the match.

7. All races shall be started by the report of the starter's gun fired upwards after he has ascertained that athletes are steady and in the correct starting position.
8. In a relay race, the baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton.
9. In all relay races, the baton shall be passed within the take-over zone. Passing of the baton outside of the take-over zone shall result in disqualification.
10. Each athlete may have practice trials at the competition area before the beginning of the event. In the case of throwing events, the practice trials will be in draw order and always under the supervision of the judges.

Part Five Further Reading

Usain Bolt

Usain Bolt, a Jamaican sprinter, is an Olympic gold medalist. He is the first man to hold both the 100 meters and 200 meters world records since fully automatic time became mandatory and also holds the world record as a part of the 4×100 meters relay. Bolt is the most successful sprinter in history.

Bolt turned professional in 2004, beginning with the CARIFTA Games in Bermuda. He became the first junior sprinter to run the 200 meters in under twenty seconds, taking the world junior record outright with a time of 19.93 s. On 31 May 2008, Bolt set a new 100-meter world record at the Reebok Grand Prix held in New York City with a time of 9.72 s, and this was his first world record.

At the 2008 Beijing Olympics, Bolt gained worldwide popularity for his double sprint victory in world record times. In the Olympic 100-meter final, Bolt broke new ground, winning in 9.69 s. This was an improvement upon his own world record. Then in the 200-meter final, he set a new world and Olympic record of 19.30 s. In the 4×100 meters relay, his team claimed the championship by breaking the world record with a time of 37.10 s. The feat made him the first sprinter to win 100 meters, 200 meters and 4×100 meters relay and break world records simultaneously at the same Olympics. At the 2012 London Olympics, he successfully defended the gold medal in 100 meters, 200 meters and 4×100 meters relay. At the 2016 Rio Olympics, Bolt yet again won

consecutive gold medals in 100 meters, 200 meters and 4×100 meters relay. With that, Bolt obtained the “triple-triple”, three sprinting gold medals in three consecutive Olympics.

A nine-time Olympic gold medalist and an eleven-time world champion, his achievements in sprinting have earned him the nickname “Lightning Bolt”. His awards include the IAAF World Athlete of the Year, Track & Field Athlete of the Year, and Laureus World Sportsman of the Year (three times). Bolt has stated that he intends to retire from athletics after the 2017 World Championships.



Lesson 2

Running

Part One Listening and Speaking

Activity 1

 Listen to the following conversation, and then work in pairs to act it out.

(In a P.E. class, Mr. Zhang is answering the questions from John about running.)

A: Mr. Zhang, what is track?

B: Track is a running sport that involves calculating grades by time.

A: How many track events are there?

B: Quite a few. There's sprint, middle- and long-distance race, steeplechase, hurdling, relay, and marathon.

A: What does short distance running refer to?

B: Generally it includes 50 meters, 100 meters, 200 meters, 400 meters, 4×100 meters and 4×400 meters relay.

A: I see. And what about jogging? Is it considered an aerobic exercise program?

B: Yes, absolutely. Frequent jogging can efficiently improve your body's functions. It's especially good for building endurance.

A: Really? That's great! I like jogging, so I will get up early tomorrow morning to jog.

B: Very good!