



The Main Athletic Events in Physical Education

KS3

PE

Ages 11-14



3 min read

What Are Athletic Events?

Athletic events are sports activities that test how fast, strong, or skilled your body can be. In **PE lessons**, you'll learn and compete in different types of athletics that have been popular for thousands of years. Ancient **Greeks** competed in athletics at the **Olympic Games**, and today we still do similar events in schools and stadiums around the world.

Think of it like a toolbox — different tools do different jobs. Athletics has different events that test different skills and abilities.

Running Events

Sprinting is all about speed over short distances. The most common are the **100 metres**, **200 metres**, and **400 metres** races. Sprinters need explosive power and quick reactions.

Middle-distance running includes the **800 metres** and **1500 metres**. These require both speed and the ability to keep going without getting tired.

Long-distance running, like the **3000 metres** or longer, tests **endurance** — your body's ability to work hard for a long time.

Jumping Events

Long jump tests how far you can jump horizontally from a standing start. **High jump** challenges you to leap over an increasing bar. **Triple jump** involves three consecutive jumps in one movement. All these events need powerful leg muscles and good technique.

Think of it like a video game level — each jump event has different rules and challenges that make them unique tests of athleticism.

Throwing Events

Shot put involves throwing a heavy metal ball as far as possible. **Discus** is throwing a flat circular disc. **Javelin** means throwing a long spear-like implement. These events require strength, balance, and proper throwing technique.

Relay Races

Relay races are team events where runners pass a **baton** to each other. The most common is the **4 × 100 metres relay**, where four runners each run **100 metres**. These test speed, teamwork, and communication.

Why Learn Athletics?

Athletics teaches you about **fitness, discipline, and fair competition**. Whether you're sprinting, jumping, or throwing, you'll improve your strength, speed, and coordination while having fun with classmates.