

KEY STAGE 3

HURDLES BASIC RULES & SKILLS

Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Hurdles



Basic Rules

Objective of Hurdles

Hurdles is a track and field event that involves running over a series of barriers, also known as hurdles. The hurdles are placed on a running track at a set distance apart and at a specific height, which varies depending on the age and skill level of the athletes. The objective is to run over the hurdles in the shortest time possible and avoid knocking them down.

Key Rules

The start: the race begins with the sound of a starting gun, and athletes must stay in their assigned lanes until they cross the first hurdle. Athletes are disqualified if they leave their lane or false start.

The hurdles: there are up to 10 hurdles in a standard race for men and women, and a minimum of five hurdles in a race for younger age groups. The height of the hurdle varies depending of the age group and gender.

Running over the hurdles: Athletes must run over each hurdle and avoid knocking it down. If a hurdle is knocked over an athlete may continue as long as they do not impede another athlete. The finish: the race ends when the athletes cross the finish line. The athlete who crosses the finish line first is the winner.

Disqualifications: Athletes can be disqualified for a number of reasons, including false starts, leaving their lane and interfering with other runners.

Scoring

Hurdles is a timed event and the athlete who runs the race in the quickest time without disqualification will be the winner. There are usually up to 8 athletes in a hurdles race who will be ranked 1-8 based on their overall time.

Key Skills

Speed

Hurdles is a fast-paced event, so speed is essential. Athletes need to be able to run quickly and efficiently between the hurdles to maintain a good pace throughout the race.

Agility

Hurdles require athletes to run over obstacles while maintaining their speed and balance. This requires a lot of agility and coordination, as athletes need to be able to move their bodies quickly and smoothly over the hurdles.

Timing

To clear the hurdles successfully, athletes need to have good timing. They need to be able to judge the distance between themselves and the hurdle and adjust their stride accordingly.

Technique

Proper technique is essential for success in hurdles. Athletes need to be able to lean forward and drive their knees up to clear the hurdles, while also maintaining good form and posture throughout the race.

Co-ordination

Athletes need to demonstrate a good level of co-ordination when running over the hurdles. A combination of upper and lower body movements are required to drive the athlete over the hurdles in an efficient manner. Good leg and arm drive, combined with body control will allow the athlete to negotiate each hurdle at the fastest speed possible.

Mental Toughness

Hurdles can be a mentally challenging event, as athletes need to be able to stay focused and maintain their concentration even when they are fatigued. They also need to be able to stay calm and composed under pressure, especially when they are competing in high-stakes races.

Technique

Hurdles is a track and field event that requires a lot of technique to clear the hurdles efficiently and maintain speed throughout the race. The key aspects of the technique will be broken down below:

Approach

The approach to the first hurdle is important. Athletes should build up their speed in the run-up to the first hurdle and maintain a good pace throughout the race.

Lead Leg

The lead leg is the leg that goes over the hurdle first. Athletes should drive their knee up towards their chest and extend their leg fully in front of them, so that their lead foot clears the hurdle. The lead leg should be lifted high enough so that it clears the hurdle without touching it.

Trail Leg

The trail leg is the leg that follows the lead leg over the hurdle. Athletes should swing their trail leg out to the side and extend it fully, so that it clears the hurdle without touching it. The trail leg should then be brought back down to the ground quickly to maintain speed.

Arm Action

Proper arm action is important for maintaining balance and rhythm throughout the race. Athletes should swing their arms forward and back in a smooth, relaxed motion, while keeping their elbows close to their sides.



Running Style

Posture

Good posture is important for maintaining balance and efficiency. Athletes should lean slightly forward while running and keep their head up and their eyes focused on the next hurdle.

Recovery

After clearing a hurdle, athletes should focus on quickly recovering and getting back into a good running rhythm. This means bringing their legs back down to the ground quickly and smoothly, and getting ready for the next hurdle.

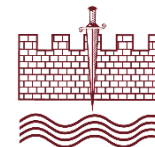
Stride Pattern

In hurdles, the number of strides a hurdler takes between each hurdle can vary depending on the athlete's individual technique and style. The two most common stride patterns used by hurdlers are the 3-step and 5-step techniques.

The 3-step technique involves taking three strides between each hurdle. This is a faster technique that allows athletes to maintain their speed throughout the race. In this technique, hurdlers will usually take two strides with their lead leg and one stride with their trail leg in between each hurdle.

The 5-step technique involves taking five strides between each hurdle. This is a slower technique that allows athletes to conserve energy and maintain good form. In this technique, hurdlers will usually take three strides with their lead leg and two strides with their trail leg in between each hurdle.

It is important to note that the choice of stride pattern will depend on the individual athlete's strengths, weaknesses, and personal preference. Some athletes may find the 3-step technique more effective, while others may prefer the 5-step technique.



KEY STAGE 3

HOMework / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

What are the different types of hurdles used in track and field events?

What is the difference between the lead leg and the trail leg in hurdling?

How do hurdlers adjust their stride pattern between each hurdle?

What are the key skills required for success in hurdling?

How important is proper technique in hurdling, and what are some common technique mistakes to avoid?

How does the height and spacing of the hurdles vary in different types of races?

What are some common injuries that can occur in hurdling, and how can they be prevented?

What are the different types of starts used in hurdling, and how do they differ from other track events?

How do hurdlers maintain their balance and rhythm throughout the race?

How important is mental preparation and focus on hurdling, and what are some techniques for staying focused during a race?

How does hurdling differ from other track and field events in terms of race strategy and pacing?

What are some key strategies for clearing the hurdles efficiently and maintaining speed throughout the race?

Key Vocabulary

Acceleration – The rate at which a hurdler increases their speed over a short distance, such as the start of a race.

Cadence – The rhythmic flow of a hurdler's steps, determined by the number of strides between hurdles.

Clearance – The act of successfully jumping over a hurdle without knocking it over or touching it.

Hurdles – A series of obstacles placed on a track that athletes must jump over during a race.

Lead leg – The leg that the hurdler uses to clear the hurdle and lands on the other side.

Rhythm – The regular and repeated pattern of movement and sound in hurdling.

Speed endurance – The ability to maintain a high speed over an extended distance.

Stride – The distance between two footfalls of the same foot while running.

Take-off – The moment when a hurdler jumps off the ground to clear a hurdle.

Trail leg – The leg that follows the lead leg over the hurdle and lands on the other side.

Assessment Levels

Things to look for when assessing:

Can they work out a suitable run up approach to the first hurdle?

Can they demonstrate correct lead leg action over each hurdle?

Can they demonstrate correct trail leg action over each hurdle?

Can they show good posture and maintain balance throughout the whole hurdles race?

Can they show a 3 or 5 stride pattern between each hurdle consistently?

Can they show a full finish technique and dip at the line?

Can they demonstrate good co-ordination of the upper and lower body to maintain consistent leg and arm drive?

Can they combine all elements of a good technique to complete the full race at the fastest pace possible?

Grade 3

- Remember five key rules of hurdles.
- Recall the teaching points for the approach, lead leg and trail leg action.
- Demonstrate basic start and approach technique to the first hurdle.
- Display a lead leg action over the first hurdle in isolation.
- Show a basic combination of the approach, lead leg and trail leg over the hurdle.

Grade 4

- Apply the hurdles phases consistently in a competitive situation.
- Understand the different phases of the hurdles and describe key teaching points.
- Show a good hurdles technique that combines all the approach, leg action, arm action and posture.
- Identify most of the rules associated with the event and discuss possible tactics to improve distance.
- Independently show how to work out your approach and stride pattern between hurdles.

Grade 5-6

- Analyse their own technique or a peer's technique in a hurdles race.
- Know how to execute each phase of the hurdles technique to complete the race in the fastest possible time.
- Apply and evaluate different tactics for increasing speed.
- Combine the phases effectively with consistent precision, speed and accuracy, e.g. a full paced run approach, good leg and arm drive and a good posture.
- Apply skills and techniques accurately in pressured situations.

Grade 7-9

- Be able to consistently use advanced techniques in competitive situations.
- Can adapt "their technique" to suit their opponent's weaknesses.
- Can develop practices and tactics in training sessions confidently.
- Can assess and improve other pupils' performances.