

تم تحميل هذا الملف من موقع المناهج الإماراتية



almanahj.com

موقع
المناهج الإماراتية

*للحصول على أوراق عمل لجميع الصفوف وجميع المواد اضغط هنا

<https://almanahj.com/ae>

* للحصول على أوراق عمل لجميع مواد الصف الثامن اضغط هنا [8/ae/com.almanahj//:https](https://almanahj.com/ae/8)

* للحصول على جميع أوراق الصف الثامن في مادة تربية بدنية ولجميع الفصول، اضغط هنا [8sports/ae/com.almanahj//:https](https://almanahj.com/ae/8sports)

* للحصول على أوراق عمل لجميع مواد الصف الثامن في مادة تربية بدنية الخاصة بـ الفصل الثاني اضغط هنا

<https://almanahj.com/ae/8sports2>

* لتحميل كتب جميع المواد في جميع الفصول للـ الصف الثامن اضغط هنا [grade8/ae/com.almanahj//:https](https://almanahj.com/ae/grade8)

للتحدث إلى بوت المناهج على تلغرام: اضغط هنا [bot_almanahj/me.t//:https](https://t.me/bot_almanahj)

Match the phase of the sprint with the correct image.

Drive phase

Sprint start position

Maximum



Write down THREE things the athlete should do in the sprint start position

- 1) The thigh of back leg should be perpendicular to the ground. The shin on front foot should be parallel to the ground.
- 2) Arms should be straight but not hyperextended and held slightly wider than shoulder-width.
- 3) Shoulders should be slightly over hands. Hands should form a bridge with fingers spread apart.

The drive phase is the second phase of the sprint. This is the part of the sprint where you try to reach top speed.

Fill in the missing gaps with the words given in the boxes below.

You should start the drive phase by leaning **forward**. Pump your **arms** hard and your **drive** feet into the **ground**. Keep your back strong and **straight** and try to reach your top speed.

ground – drive – straight – forward – arms

Discuss with a partner THREE things an athlete should do in the maximum speed phase of the sprint.

Write down what you have discussed. Use the lines provided

- 1) The length of the steps is much the same
- 2) The erection of the trunk and placement of the man is more straightening in front of the fall center of the weight of the runner
- 3) The movement of the two men and hands agree

Look at the images below. Fill in the boxes with the correct phase of the shot-put technique



Choose one of these shot-put technique phases and write down TWO coaching points on how to perform it.

Phase: ready position

- 1) Push the shot into your neck, your thumb is pointing down towards your clavicle
- 2) Lift your elbow parallel to the floor. Don't squeeze your elbow towards your back
- 3) The palm should be pointing towards the throwing direction

Write down TWO things that you should do when running in a distance race. One example has been done for you.

- 1) Run at a steady pace
- 2) Landing on mid-foot
- 3) Head, spine and hips must be in line with the point of contact of foot

The javelin is a throwing event. The aim is to throw the javelin as far as you can.

Use the words in the boxes below to fill in the blanks.

The javelin event requires you to **throw** a javelin as far as you can. To do this, you need **power** and good technique. As you release the javelin, your **arm** should straighten, and your **body** should turn. This will add power to your throw. You should let go of the javelin at around **40 degrees**. This is the best angle for the javelin to fly through the air.

Body 40 degrees angle throw power arm

Look at the images below. Write in the phases of the javelin throw in the box next to each image



ready position



throwing stage



follow-through

There are two types of baton exchanges in relays. Can you name them?

- 1) Down sweep
- 2) Up sweep

What type of baton exchange is this? Write your answer below



With a partner, discuss THREE things you should do when performing in the hurdles event. Write down what you discussed

- 1) You should lead with your leg first with your knee bent
- 2) Drive your heel over the center of the hurdle, then drive your lead leg to the ground
- 3) Swing your trail leg to the side of the body and pull through.

Which component of fitness do you think is important in the sprint start? Select the correct answer.

reaction time

cardiovascular endurance

agility