

EUROPEAN ATHLETICS
INDOOR
CHAMPIONSHIPS
GLASGOW 2019



EUROPEAN
ATHLETICS INDOOR
CHAMPIONSHIPS 2019

Resource guidance booklet for teachers

Introduction

The 2019 European Athletics Indoor Championships take place in Glasgow from 1st – 3rd March. The event will bring together over 600 athletes from 50 countries from around Europe.

With the support of Glasgow's PEPASS team, **scottishathletics** have developed a resource booklet for P7 children to help them learn more about athletics and the countries which will be competing.

Instructions for each task are provided in the student resource booklet. In addition, we have developed this guidance booklet for teachers to offer ideas on further learning opportunities within each of the tasks.

TASK 1 – IDENTIFY THE COMPETING COUNTRIES

Further opportunities for learning:

- (i) Working in pairs or groups how many European countries can the pupils identify?
- (ii) Europe is one continent. Can they name the other six?
- (iii) If this was a World Championships or Olympic Games what other countries may participate?
- (iv) Which continents do these countries belong to?

TASK 2 – COUNTRY PROFILE

Further opportunities for learning:

- (i) Working in pairs or groups ask the pupils to discuss the countries they have profiled and identify any differences between them e.g. how do their population sizes differ?
- (ii) In order to host a major sporting event what infrastructure do the pupils think a city would need?
- (iii) Using the useful links provided in the resource booklet ask the pupils to identify an athlete competing in the Championships and write a profile on them. They can identify their own headings for the athlete profile.

The following links are profiles on some Scottish athletes likely to be competing and potential medallists from other countries:

Laura Muir – <https://www.iaaf.org/athletes/great-britain-ni/laura-muir-272459>

Eilidh Doyle – <https://www.iaaf.org/athletes/great-britain-ni/eilidh-doyle-198360>

Jake Wightman – <https://www.iaaf.org/athletes/great-britain-ni/jake-wightman-281860>

Kevin Mayer – <https://www.iaaf.org/athletes/france/kevin-mayer-248948>

Jakob Ingebrigtsen – <https://www.iaaf.org/athletes/norway/jakob-ingebrigtsen-294868>

Dina Asher-Smith – <https://www.iaaf.org/athletes/great-britain-ni/dina-asher-smith-267317>

TASK 3 – EVENTS AND EQUIPMENT

Further opportunities for learning:

- (i) The following links can be used to help the pupils identify the equipment that is used within each of the events listed:

60m sprint – <https://www.youtube.com/watch?v=4MrEJr71e88>

60m hurdles – <https://www.youtube.com/watch?v=VbXn1JIVMZI>

800 metres – <https://www.youtube.com/watch?v=O8Lo123J1Ag>

Shot Put – <https://www.youtube.com/watch?v=IPGmNZDbg4c>

Long Jump – <https://www.youtube.com/watch?v=ktikmBezizE>

Pole Vault – https://www.youtube.com/watch?v=hFgc73_o6k8

Relay – <https://www.youtube.com/watch?v=sQzDRgqTo78>

- (ii) Ask the pupils to consider the role of officials. Why is it important to have officials? What equipment will they need to officiate at the above events?
- (iii) Using the following links, research some of the events in major para athletics championships and explore some of the adaptations made to make the sport inclusive. For example, the use of guide runners for visually impaired athletes.
<https://www.paralympic.org/athletics>
<https://www.youtube.com/watch?v=LfpFDbg6Z7c>
<https://www.youtube.com/watch?v=3RCIrOXTJzA>
<https://www.youtube.com/watch?v=OU16VM92abg>

ANSWERS TO CHALLENGES:

CHALLENGE 1 –

60m sprint; 60m hurdles; 400m; 800m; 1500m; 3000m; 4x400m relay; Pentathlon; Heptathlon; High Jump; Long Jump; Triple Jump; Pole Vault; Shot Put

CHALLENGE 2 –

60m hurdles; 800m; High Jump; Long Jump; Shot Put

CHALLENGE 3 –

60m; 60m hurdles; 1000m; High Jump; Long Jump; Pole Vault; Shot Put

TASK 4 – EUROPEAN ATHLETICS INDOOR CHAMPIONSHIPS – RESULTS

Further opportunities for learning:

- (i) Encourage the pupils to look at the times recorded in the 60m Men's final and open up a discussion on how close together the competitors finished. This might provide an opportunity to do some further decimal work.
- (ii) In the 60m Men's Final one of the athletes is listed as DQ. Ask the pupils to discuss what they think this means and then why they think the athlete might have been disqualified.

The pupils can then watch the race at this link:

https://www.youtube.com/watch?v=d4x_7scvmOw

- (iii) If the race had been run over 100m how long do the pupils think it would have taken the athletes?

The pupils can watch the Rio 2016 Olympic 100m final featuring Usain Bolt at this link: <https://www.youtube.com/watch?v=0PY56riGBWc>

- (iv) Using an outdoor space ask the pupils to mark out 60m and give them an opportunity to run it whilst getting their time recorded.
- (v) Use an indoor or outdoor space to mark out the distances thrown in the shot put final. Use a ball or other similar object to replicate the delivery of the put.

The pupils can watch the video at the following link to see the technique used by the throwers in the World Indoor Championships 2016:

<https://www.youtube.com/watch?v=IPGmNZDbg4c>

ANSWERS TO CHALLENGES:

60m Men Final – Medallists

GOLD – Richard Kilty

SILVER – Austin Hamilton

BRONZE – Odain Rose

Shot Put Women Final – Medallists

GOLD – Radoslava Mavrodieva

SILVER – Yulia Leantsiuk

BRONZE – Fanny Roos

Long Jump Women Final – Medallists

GOLD – Ivana Spanovic

SILVER – Lorraine Ugen

BRONZE – Claudia Salman-Rath

TASK 5 – DESIGN A KIT

Further opportunities for learning:

- (i) Once the pupils have designed a kit in the workbook they could also draw and then design a tracksuit for their chosen country.
- (ii) You can speak to the pupils about what types of materials might be used in the athlete's competition kit as shown in the picture and discuss how this might differ from the material used in their tracksuit.

The following websites may be useful for the pupils to view to help identify different materials and fits for competition kit and casual kit.

<https://www.joma-sport.com/en>

https://www.nike.com/gb/en_gb/

<https://www.newbalance.co.uk/>

<https://www.adidas.co.uk/>

TASK 6 – JOURNALISM

Further opportunities for learning:

- (i) After writing their article in the style of a website report discuss with the children different methods of reporting news or previewing events.
- (ii) Using some of the research that they have been doing ask the pupils to write a poem about one of the competing countries, one of the athletes, or the competition itself.
- (iii) The pupils could create a programme for the event that will be sold to spectators attending. What information do they think would be useful to include? They could include information from other tasks in their resource booklet e.g. athlete profile.

Other suggested sections for the programme could be:

- Introduction to Glasgow
- Places to visit in Glasgow
- Background on the Emirates Arena
- Schedule for the event
- Results from previous Championships
- Overview of each event

TASK 7 – VISIT A COMPETING COUNTRY

Further opportunities for learning:

- (i) Ask the pupils to use powerpoint as part of their presentation. They can explore the design of a presentation and start to discuss different styles of learning e.g. visual and reading.
- (ii) In pairs or groups, the pupils can compare details of the countries they are visiting. They can discuss the time it takes to travel to the country their visiting, the cost of visiting the country and why it might differ from others, and share some of the famous landmarks in the country they've chosen.
- (iii) The pupils could repeat the same task for a country outside of Europe exploring how costs, travel times etc may differ. If they have discussed continents as part of task 1, they can use this as a starting point for identifying countries outside Europe.

TASK 8 – DESIGN A POSTER COMPETITION

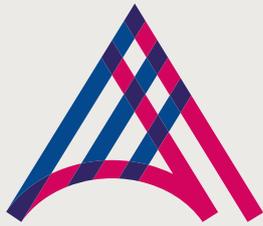
Further opportunities for learning:

- (i) Discuss with the pupils what they think makes a good poster and when and why they think a poster might be used.
- (ii) Although the task in the workbook is designed to be more visual the pupils could also design a promotional poster for the country they have chosen, advertising it to potential visitors. This poster may require more words than the initial task but can also incorporate some of their research and learning from other tasks.
- (iii) To provide variety to this task the pupils could instead design a promotional poster for their school advertising it to potential new pupils.

As outlined in the booklet, schools in the Glasgow City Council area have the opportunity to enter two posters from each class into a citywide competition as part of a local legacy project. All posters entered will be displayed at the Emirates Arena during the Championships and three lucky poster designers will be chosen to win four tickets to the European Athletics Indoor Championships 2019.

All entries must be submitted by Wednesday 20th February 2019 to the following address:

**Scottish Athletics
Caledonia House
1 Redheughs Rigg
Edinburgh
EH12 9DQ**



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