



Podar Enrichment Academy

2011 - 12

SYLLABUS OF ATHLETICS

Lesson 01-05→ Introduction of Various Events in Athletics, Rules of the game, History, Concept of the game and Training

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercises After Every Five Sessions increase one round of Ground

15 Mints→ Introduction of Various events in athletics

15 Mints→ Training→Speed, Strength and endurance development

20 Mints→ Playing Game/Cooling down

Next...

Lesson 06-10→ Racing Events, Short distance, Long distance, Throws

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's After Every Five Sessions increase one round of Ground

15 Mints→ Short distance Racing Events→ 100M/200M

15 Mints→ Warming up→ General and Specific

20 Mints→ Playing Game/Cooling down

Next...

Lesson 11-15→ Starting Practice, types of Jumps, Fitness test.

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's. After Every Five Sessions increase one round of Ground

15 Mints→ Starting Practice for the events→100M, 200M, 400M and Relay races.

15 Mints→ Jumps →Long Jump and Tripple Jump, Fitness Test

20 Mints→ Playing Game/Cooling down

Next...

Lesson 16-20→ Shot-Put, Long distance Races, and Specific Topics.

- 10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercises
After Every Five Sessions increase one round of Ground
- 15 Mints→ Shot-put techniques, Long distance Races
- 15 Mints→ Advance training on how to build stamina in long distance?
Specific topics on Speed, Strength and endurance development
- 20 Mints→ Playing Game/Cooling down

Next...

Lesson 21-25→ Specific topics on how to avoid injuries, take off-Landings

- 10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercises
After Every Five Sessions increase one round of Ground
- 15 Mints→ Specific topic→How to avoid injuries
- 15 Mints→ Take off and Landing of Long and Tripple Jump
- 20 Mints→ Playing Game/Cooling down

Next...

Lesson 26-30→ Advance Training, increasing the Maturity level and approach should be professional

- 10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercises.
After Every Five Sessions increase one round of Ground
- 15 Mints→ Lectures and drills on maturity level and professionalism
- 15 Mints→ Advance training on how to build stamina in long distance?
Specific topics on Speed, Strength and endurance development
- 20 Mints→ Playing Game/Cooling down

