

Basic/Beginner Pole Vault Activities

pole flying

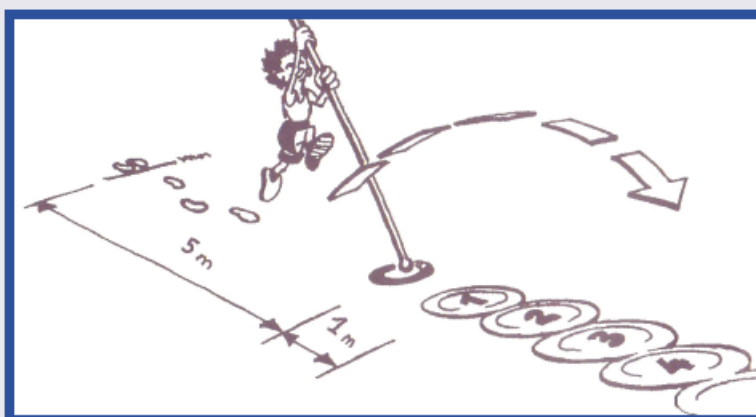
athletics activity card 1 / 15

Instructions

- From a 5m run-up area, participants run towards take-off mat.
- Take-off has to be carried out with one leg (i.e. no two feet take-off). (Right hand jumpers have to grasp the pole with their right hand above.)
- 'Riding' the pole, the jumper **carries** themselves in the direction of the run-up.
- Landing area should be in the sand pit.
- Set out first target 1m from take-off (see picture below).

Equipment Needed

- Fibreglass pole (No larger than 2.5m)
- 6 target mats
- Measuring tape



Teaching Points/Rules

- Landing needs to be two-footed (to avoid injury).
- The pole must be grasped with both hands until the landing is complete.
- During the jump, changing of grip is not allowed.

Scoring

- Each participant has two trials.
- If you land with both feet inside the target area e.g. 1 = 2 POINTS, 2 = 3 POINTS.
- If you land with one foot inside the area and one out, take one point off e.g. 1 = 1 POINT, 2 = 2 POINTS.
- Best score of two attempts count.



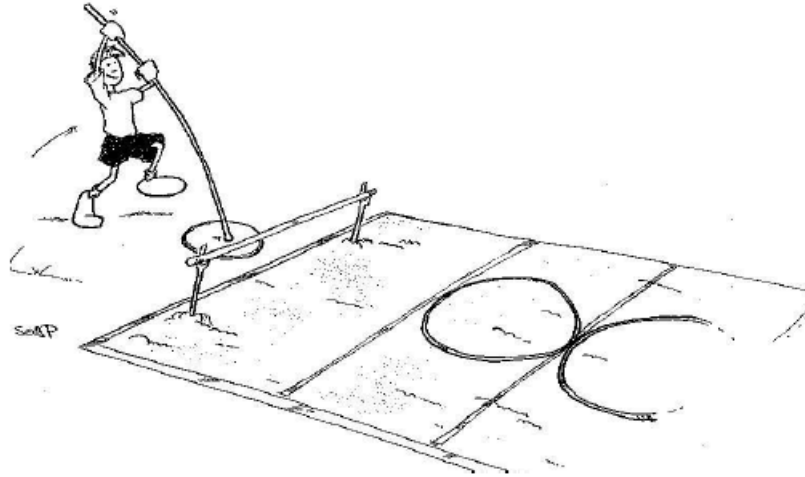
Helpers = 1 required

- Control height and width of the grip.
- Control take-off area.
- Score and record scores on event card.

3.24 Long Jump with a Pole over a sandpit

Brief description: Jump for distance over an obstacle using a pole, landing in a sandpit

Figure



Procedure

From a 10m run-up area at the most (compulsory landmarks: a cone, a crossbar or a tape), the participant runs toward a hoop/tire/mat placed before the sandpit.

The take-off has to be carried out with a jump off one leg (right-handed jumpers – giving a left foot impulse - have to grasp the pole with their right hand above). Planting the pole downwards near the take-off line and forcing it into the ground, the participant then “rides” the pole and gets over a surmountable obstacle forcing him/her to achieve a basic high jump. Then he/she has to land inside a target object (tires or mats).

The target objects are laid out as in the above figure (the first target object is placed 1m beyond the box).

The participant has to land with two feet (to avoid any risks of injury). The pole must be grasped with both hands (!) as above until the landing is complete. Finally, changing the grip on the pole during the jump is forbidden.

Scoring

Each participant has two trials. If he/she lands inside object #1, 1 point is awarded; if the landing happens inside object #2, 2 points are given; and so on [object #3 (= 3 points), object #4 (= 4 points)]. When touching the edge of a tire/mat upon landing, the jump is regarded as “successful”. If, upon landing, both legs are inside the tire/mat, one additional point is awarded. When both feet come down outside of the tires/mats, the participant gets one extra trial to make it correct. Touching the obstacle is penalized with one point.

Assistants

One assistant is required for this event and this person has the following duties:

- To control the height and width of the grip.
- To control the correct landing.
- To score and record the scores on the event card.