

# ATHLETICS

## PACK 3



The OCR PE specification says you must be able to...

1. Identify the types and describe the nature of activities associated with community events, rural sports, festivals, commercial fairs and wakes, view of the church, pedestrianism (nature, development & status) and the emergence of athletics. ☐
2. Explain the effects of athletics on the skill and health of the participants during both popular and rational recreation eras. ☐
3. Explain hare and hounds, steeplechase, sports days and understand the value and status of each of these. ☐
4. Understand the influence of Oxford and Cambridge on the development of athletics. ☐
5. Explain the emergence of amateur athletics and opportunities for working class participation; amateurism, professionalism and the exclusion clause. ☐
6. Describe factors that have helped develop athletics in the UK and their impact on contemporary participation and performance. ☐



## **Pre Lesson Preparation 1**

Read the case study information on Athletics in your revision book and make notes under the headings; Popular Recreation, Rational Recreation and Public schools.



## **Pre Lesson Preparation 2**

Find out the name of the NGB for athletics and for local clubs / centers of excellence

What initiatives are in place NOW to promote participation and to improve performance in athletics today?

## **Athletics as a POPULAR RECREATION – 18<sup>th</sup> Century (1700's)**

In the 18<sup>th</sup> and early 19<sup>th</sup> century, athletic events consisted of a large range of games and contests which were a far cry from the athletics we know today. These activities often took place at a community gathering such as those seen in the pictures below.

What is happening in each picture?



## **Athletic games and contests in popular recreation**

<b>ACTIVITY NAME</b>	<b>NATURE OF THE ACTIVITY</b>

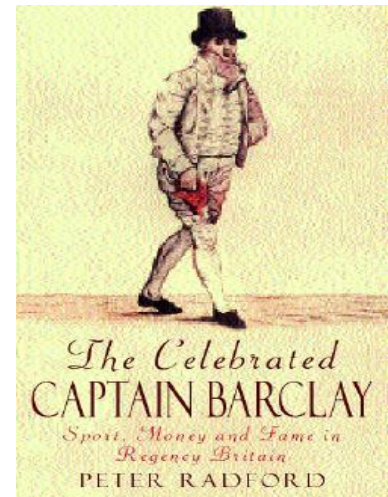
What was the church's view on these activities and what did it encourage instead?



## **PEDESTRIANISM**

The most obvious answer to modern athletics, pedestrianism became popular around the late 17<sup>th</sup> Century.

Robert Barclay attracted a crowd of 10.000 in 1809, when he walked 1000 miles in 1000 hours. It took around a month. He needed supporters to slap him to keep him awake and pistols to protect himself!



Nature	Development	Status

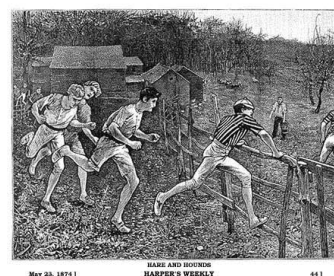
**What were the characteristics of athletics in Popular Recreation?**

**What socio-cultural factors affected the development of athletics at this time?**



## Athletics in the PUBLIC SCHOOLS

Hare & Hounds sometimes called the paper chase. \*\*Tom Brown's schooldays Role Play\*\*



STAGE 1 – Boy culture, Bullying and brutality (1790-1824).	STAGE 2 – Dr Thomas Arnold and Social control (1828-1842),	STAGE 3 – The 'Cult' of athleticism (1842-1914).
<p>_____ running and exploring the countryside; _____ chase or _____ and _____ lead to trespassing.</p> <p>This was a time of 'boy culture' where all the athletic activities were organised by the boys for the boys with no master involvement. During this stage they would often trespass by running across private land. It was chaotic and unruly with fighting and truancy.</p>	<p>Trespassing banned, Hare &amp; Hounds and _____ continued more _____.</p> <p>Dr Thomas Arnold used games as a means of establishing social control, the chapel was central to school life and a new moral code was established where the sixth formers were given responsibilities and masters became mentors and guides. Athletic events became more organised and the house system grew.</p>	<p>Steeplechase and _____</p> <p>Annual _____ as major sporting and _____ occasions.</p> <p>Specialist athletic facilities started to develop and annual sports days gave headmasters the opportunity to showcase the talents of the boys and were often a major social occasion. Athletic pursuits became activities the schools prided themselves on.</p>

What **VALUES** were associated with athletics in the public schools?

What **STATUS** did these athletics have in the public schools?





What impact did **Exeter College** in Oxford in 1850 have on the development of athletics?

## Athletics as a RATIONAL RECREATION

Use the words in the box to  
Fill in the blanks below.

**Income**                      **working**                      **low**                      **exploitation**  
**Professional**                      **purpose-built**                      **stringent**  
**ended**                      **pedestrianism**                      **most**                      **wager**  
   **roping**                      **handicap**                      **record**

As urbanisation gradually increased, rural fairs \_\_\_\_\_ and \_\_\_\_\_ athletics became established in the cities. For the \_\_\_\_\_ classes, running could be a source of \_\_\_\_\_ albeit fairly \_\_\_\_\_. The first \_\_\_\_\_ - \_\_\_\_\_ tracks were built in the late 1830's and by 1850 \_\_\_\_\_ major cities had a facility. These carefully measured tracks led to \_\_\_\_\_ timekeeping and \_\_\_\_\_ keeping so that by mid 19<sup>th</sup> century up to 25,000 people could watch and \_\_\_\_\_ on a single race.

At this time \_\_\_\_\_ was still very popular and just like athletics was rife with \_\_\_\_\_. \_\_\_\_\_ was where runners would purposely run slowly to lose. 'Running to the book' was where a runner would not reveal their true capabilities to maintain a high \_\_\_\_\_ and 'ringing-in' was where the promoters would conspire to size handicapping unfairly.



Who were the amateurs at this point and who were the professionals?

How were their motives different?

## THE EXCLUSION CLAUSE



Once upon a time .....

(Put the story in the correct order)

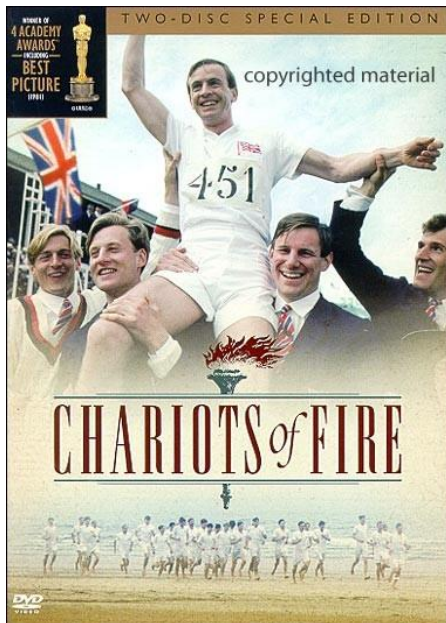
and excluded manual workers from sports associations.  
and not necessarily someone from the working class.  
The AAA was established in 1880 and opened up athletics to all  
because they didn't want to mix with professionals  
so the exclusion clause was withdrawn  
It was used particularly in athletics and rowing.  
Ex-university gentleman amateurs formed the AAC in 1866  
Finally, a professional became someone who ran for money  
and they wanted modern athletics to be separate to corruption.  
The exclusion clause was then adopted  
In other words the working class could not join!

The end

Write out the story (exclusion clause) in the correct order.

**What were the characteristics of Rational Recreation Athletics?**

**What socio-cultural factors affected the development of athletics?**



Watch the 100m final from Chariots of fire – 1928 Olympics Paris on you tube. Make key points describing the technical developments..



Watch a you-tube summary clip from London 2012 and compare this to how you described the 1928 Olympics above.



## ATHLETICS TODAY

### Performance



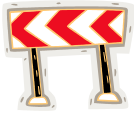
Examples.....

### Participation



Examples.....

<b>Factors that have helped develop athletics today</b>	<b>Impact of these factors on participation</b>
<b>Factors that have helped develop athletics today</b>	<b>Impact of these factors on performance</b>





## PPQs – Athletics



<b>Jan 2013</b>	<b>Jan 2011</b>	<b>Feb 2010</b>
<p><b>5m Question</b></p> <p>Pedestrianism was a popular pre-industrial activity. This was followed by the emergence of different forms of athletics in the 19<sup>th</sup> century public schools.</p> <p>Outline the nature and development of pedestrianism.</p> <p>Identify one form of athletics that emerged in the public schools.</p>	<p><b>20m Question</b></p> <p>Discuss athletics as a pre-industrial popular recreation and as a post-industrial rational recreation.</p> <p>Include a critical evaluation of the effect of social class on participation in popular and rational athletic events and on participation and performance in athletics today.</p>	<p><b>6m Question</b></p> <p>Describe the different forms of athletics in 19<sup>th</sup> century public schools and compare these with forms of athletics that young people participate in today.</p>

## **Additional Notes**

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