

**Physical Education Department**

**Year: 7      Topic: Athletics**

**Prior learning**

***Athletics encompasses the fundamental movement skills of running, jumping and throwing. These generic skills form the basic building blocks of movement activities taught in KS1 & KS2***

<b>Learning sequence –</b>							<b>Endpoint</b>
<b>Main learning steps</b>	<b>Introduction to athletics-</b> Running Jumping Throwing. <b>Generic lesson on Throwing actions</b> Over arm (Javelin) Pushing (shot) Slinging (discus)	<b>Generic lesson on jumping</b> Hopping Bounding Mid-air A shape (knee up head up arms up, Long thin shape). Plyometrics. Establish preferred take off leg	<b>Generic lesson on running</b> Short distances (sprinting) including standing start. Middle distances running including pacing	Event specific lesson on <b>High jump</b> Take of leg preferences- (Application of rules) Hurdling Scissors Scissors to seat.	Event specific lesson on <b>Discus &amp; Shot</b> Grip Stance- standing & Step back Angle of release Knowledge of rules and throwing area	Event specific lesson on <b>Sprinting &amp; relay.</b> Shuttle relay & presentation of baton. Relay changes from behind (circular track). <b>Upward sweep.</b> Alternate hand/baton exchange-Give in the right hand take in the left! Moving to take the baton Communication Application of rules	All students gain an understanding of track & field athletics. Divided into events that fall under running, jumping throwing.
<b>Assessment</b>	Distances achieved from standing step back throws	Standing LJ Vertical jump measurement	Speed over 30m 50m 70m Distance covered in adapted Coopers run (6 minutes)	Height achieved in either or both techniques	Distance achieved in each event	In 2's, 3's or 4s Races to work out best partner/ team combinations.	Students through experiencing the events work out their strengths and weaknesses and begin to establish what they physically suited to.

**Where will we use these ideas again:**

***In year 8 and 9 students will revisit the athletics events and progressively be exposed to more advancing techniques. Application and references will be made to the laws of physics and biomechanics.***