

PE Department

Year: 8 Topic: Athletics

Prior learning:

Athletics was taught in year 7 but the emphasis was as a generic introduction to the 3 distinct disciplines. Where events were specifically taught only basic techniques were delivered. In year 8 techniques will be developed in the events covered in year 7.

Learning sequence –							Endpoint
Main learning steps	<p>Triple jump & Plyometric drills</p> <p>Hop phase Stride/step phase Jump/mid-air action and landing.</p> <p>Sequencing the jump phases. Even jump phase landings.</p> <p>Standing trip Progressing to short approach</p>	<p>Shot put</p> <p>Grip Standing throw Step back-chin, knee, toe position. Angle of release. Introduce throwing circle 7 foot (2.135) and sector 40 degrees. Side-step shift over 2m</p> <p>Application of rules relating to measured throws no throws.</p>	<p>Sprinting</p> <p>Running drills Looking at stride length and cadence. Application Accelerated runs over 30-50-70m Introduction to commands 'On your marks Set Go' (Gun or Whistle) Concept behind sprint start/crouch start (<i>though pointless without blocks or foot holes</i>)</p>	<p>High jump</p> <p>Revisit Take of leg and rules pertaining to the event Plyometric drills onto and off barriers. Recap of scissors technique- scissors to seat. Introduce 'Fosbury Flop'- Approach/take off outside leg. Mid air bar action and landing.</p>	<p>Discus & adapted javelin (Vortex/rubber or foam javelins) Discus Grip/set up Arm swing to Step back. <i>Chin, knee, toe, make a bow see it GO!!</i></p> <p>Angle of release. Introduce throwing circle 8 foot 2.5 inches (2.5) and sector 40 degrees.</p> <p>Javelin or equivalent Standing throw Moving to short approach.</p>	<p>Long Jump</p> <p>Development of mid-air actions to avoid rotation</p> <p>Using benches or beat/spring board A shape-Knee, head, chest, arms up-Long thin shape! Hitch kick development drills Hang technique from platform take off.</p>	<p>All students continue their understanding of specific athletic events progressing to more advanced techniques.</p>

Assessment	Performance of correct jump sequence. Distances achieved from standing Triple jump and if able from an approach/short run up.	Best distance achieved within the rules using any technique delivered in lesson. Standing Step back Or shift.	Speed over 30m 60m (indoor sprint) Timed 75m (distance limited by MUGA length)	Height achieved using any technique compliant with the rules including natural straddlle/ eastern cut off	Distance achieved in each event from any introduced technique.	Execution of either mid-air action	Students through experiencing the events work out what technique allows them to achieve their best performance in each event.
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Where will we use these ideas again:

In 9 students will revisit some of the athletics events and progress be to more advanced techniques. Application and references will be made to the laws of physics and 'biomechanics. Students will also be taught how to measure and time events.