

# YR7 Athletics

**LITERACY/NUMERACY:** Understanding of key terms regarding to Athletics

**Note: The PE assessment booklet focusses on the Components of Fitness in relation to Athletics– this should be periodically addressed by the teacher in preparation for the completion of the booklet at the end of the unit of learning.**



WK	CONTENT	OBJECTIVE
1-3	<b>Introduce running style (100/200/400m)</b> To be able to perform the basic technique for an effective sprint race. To replicate the correct posture, arm action and leg action. To evaluate performance of self and others and suggest ways technique may be improved. To understand components of fitness involved in short distance races.	Warm up – Student led. Discuss type of fitness needed- speed, power & reaction time. SAQ ladders. Both feet in each, side stepping. 10 metre team relays. T.P's; movement of arms, hip to shoulder, leg movement, pick knees up, stride length & stride frequency. Paired 30 metre sprints – focus on arms / legs / head. Highlight sprint start technique + how to measure out. Discuss standards –Timed races (100, 200, 400m). Highlight world record.
4	<b>Introduce pace running – 800m</b> To accurately replicate basic technique for an effective paced race. To perform an 800m race refining ability to pace the performance to sustain 2 laps. To understand components of fitness involved in longer distance races.	Whistle run warm up–30 seconds, get back to teacher, stretches. Perform 4 different paced ½ laps to highlight pace required for a bronze (87 sec), silver(72 sec), gold(52 sec) & platinum(45 sec) performance. 2 groups. T.P's; pacing ability, don't go off to quick. 800m timed. 4 ability races- pupils to choose race to compete in. Highlight world record.
5	<b>Throwing – shot putt</b> To accurately replicate the technique for an effective shot putt. To perform and record distance achieved. To understand the rules regarding throwing and ball landing. To understand the fitness needs of throwing events. To develop the ability to recognise good performances.	Warm up – Student led pulse raiser + stretches. Discuss shot putt fitness components. Tug of war, 2 teams. Highlight safety points. Pairs; 1 performer, 1 to coach/help. Begin with tennis ball, progress to shot. Teaching points; dirty fingers, clean palms, leg muscles for power, low body position, 45 degree release. Distances recorded with cone. Take measurement at the end. Highlight world record with cone.
6	<b>Throwing - javelin</b> To accurately replicate the technique for an effective javelin throw. To perform the event and record distance achieved. To understand and appreciate the need to make decisions about refinement of technique after each throw. To understand the rules regarding the throw and landing.	Warm up – Student led pulse raiser + stretches. Discuss javelin knowledge. Highlight safety points. Pairs; 1 performer, 1 to coach/help. Begin with shuttle cocks, progress to javelin. Teaching points; stance make a bow see it go, whip through, bring javelin through in straight line & 45 degree release. Practice throws, tp's emphasized. Distances recorded with cone. Measure best at the end. Highlight world record.
7	<b>Assessment</b> To demonstrate an accurate replication of running, jumping and throwing techniques. To show an understanding of the rules for each event and the underlining principles of each.	Teacher grades against the national curriculum levels. Use scoring/recording of pupils distance and times to form an appropriate level.

**Final Assessment**

End of unit assessments to take place during Week 6  
Pupils to complete assessment booklet

**DIRT/FEEDBACK**  
Feedback obtained during lesson. Lots of opportunity for self assessment and peer feedback; as well as teacher feedback.

**HOMEWORK**  
Students to access snippets of tennis games via you tube. Opportunity for engagement in extra-curricular cricket. Plan a drill to teach or develop a key skill in cricket. Reflect upon your own personal health and fitness– how can you access the right amount of exercise as part of a healthy active lifestyle.

**SMSC and British Values**

Understanding of the body in relation to others and space. Communication skills through ideas and the implementation of rules as a coach or referee.

**PRESTWICH VALUES**  
Work Ethic  
Respect  
Team Work  
Success  
Equality

<b>1</b>	Describe basic technique of an event
	Demonstrate basic technique of an event
<b>2</b>	Describe, and demonstrate a shot with some elements of success.
	To make progress toward understanding some of the key rules of different athletic events.
<b>3</b>	Can accurately replicate techniques for running, jumping and throwing activities. Can identify some of the basic principles of technique. Reasonable success across all athletic disciplines and begins to set achievable goals for future events. Can warm up safely with guidance. Can comment on some of the factors which make an effective performance
	Good replication of skills across all 3 areas and applies a reasonable knowledge of the underpinning principles related to athletics. Can describe parts of their performances which are effective and explain what they can improve with practice. Can describe the effects of athletic exercise on their body. Applies basic safety principles. Can explain how athletics improves overall fitness levels.
<b>4</b>	Good replication of skills across all 3 areas and applies a reasonable knowledge of the underpinning principles related to athletics. Can describe parts of their performances which are effective and explain what they can improve with practice. Can describe the effects of athletic exercise on their body. Applies basic safety principles. Can explain how athletics improves overall fitness levels.
	Replicates clear replication of techniques in all events and can explain the different demands of various events. Can adapt and change technique and identify ways to improve including tactics and strategies. Can identify good performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Can suggest and undertake an appropriate training programme for specific events.
<b>5</b>	Replicates clear replication of techniques in all events and can explain the different demands of various events. Can adapt and change technique and identify ways to improve including tactics and strategies. Can identify good performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Can suggest and undertake an appropriate training programme for specific events.
	Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of effective athletic performance. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve. Can explain how warming up and cooling down help performance.
<b>6</b>	Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of effective athletic performance. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve. Can explain how warming up and cooling down help performance.
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