

YR8 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	Sprint running technique (100/200/400m) To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power. To understand components of fitness involved in short distance races. To adhere to running rules in all track events	Warm up – Student led. Recap fitness needed- speed, power & reaction time. SAQ ladders. 10 metre team relays. T.P’s; movement of arms, hip to shoulder, Focus on control of levers & pick knees up. Paired 30 metre sprints –Highlight sprint start technique. Start, crouch, create power. 10m start races – go through technique. Discuss standards –Timed races (100, 200, 400m). Highlight world record.
4	Middle distance running – 800m To accurately replicate basic technique for an effective 800m race. To understand the need to pace the race in order to sustain 2 laps. To develop components of fitness involved in 800m. To evaluate performance of self and others and suggest ways technique may be improved.	Warm up – Student led pulse raiser + stretches. Perform 4 different paced ½ laps to highlight pace required for a bronze (87 sec), silver (62 sec), gold (52 sec) & platinum (45 sec) performance. 2 groups either side of track. 1 pupil to take charge of pace-use stopwatch. T.P’s; develop pacing ability. 800m timed. 4 ability races pupils to choose race to compete in 1. Highlight world record (1.41min)
5	Throwing – shot putt To perform and accurately replicate the technique for an effective shot putt. To record distance achieved in relation to previous best and peers. To understand the rules regarding throwing and ball landing. To develop an understanding of the why some pupils throw further.	Warm up – Student led pulse raiser + stretches. Tug of war, 2 teams- strength + teamwork development. Reinforce safety points. Pairs; peer evaluation. Teaching points; dirty fingers, clean palms, leg muscles for power, low body position, 45 degree release. Demo shuffle technique to create more power. Distances recorded with cone. Rules of shot-cant cross line, out back of circle. Take best attempt-measure. Highlight school + world record.
6	Throwing - javelin To perform and accurately replicate the technique for an effective javelin. To record distance achieved in relation to previous best and peers. To understand the rules regarding the throw and landing. To understand factors that may affect the throwing of the javelin.	Warm up – Student led pulse raiser + stretches. Recap javelin knowledge. Reinforce safety points. Pairs; peer evaluation- watch and comment on technique. T.P’s; power position, whip javelin through in straight line & 45 degree release. Practice throws. Progress to 3 side step run up. Focus on maintaining good technique Distances recorded with cone. Measure best at the end. Highlight school + world record.
7	Relay To accurately replicate sprinting technique and demonstrate knowledge of change over skills. To understand rules regarding sprint relay and adhere to them. To make decisions about pupils strengths and placement in the relay teams legs.	Student led pulse raiser + stretches. Circle team relay. 4 teams on the outside of a big circle. Run around outside, pass on + sit down. Progress to must overtake opposition team runner to eliminate. In 3’s – 40m. Practice change over. T.P’s; downsweep/upsweep, maintain baton speed, change over & communication. Pupils demo of good work. 4x100m races – Accelerate before changeover. World record.

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.

1	Describe basic technique of an event
	Demonstrate basic technique of an event
2	Describe, and demonstrate a shot with some elements of success.
	To make progress toward understanding some of the key rules of different athletic events.
3	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.
5	Demonstrates 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.

PRESTWICH VALUES
Work Ethic
Respect
Team Work
Success
Equality