

YR9 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 adjusting small elements to improve overall performance. To use a sprint start to create power/speed. To understand the different phases of a race and why they are used. To realise how athletics can promote a healthy lifestyle.	Warm up – Student led. Reaction time. Line on belly/back, react to ‘go’ command, sprint 10m. Work in pairs to develop their running style. Paired drill. Pupil A to place cone short distance behind them. Partner B jogs towards cone, once B reaches marker, A goes. B to catch. T.P’s; Develop idea of body control. Pupils able to identify good and bad technique –Timed races recorded and organised by pupils (100, 200, 400m). Highlight school & world records.
4	Middle distance running – 800m To accurately replicate and maintain an effective running technique. To understand how to pace a race reflecting on own ability. To understand the role of heart and lungs and their importance during an 800m. To evaluate self performance against previous bests.	Student led pulse raiser + stretches. Discuss role of heart & lungs during 800m. Perform 4 different paced 200m. Pace required for a bronze (87 sec), silver (62 sec), gold (52 sec) & platinum (45 sec) standard. 2 groups either side of track. 1 pupil to pace using 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 shuffle technique for shot putt. To record distance achieved in relation to previous years bests. To understand the rules regarding the shot putt event. To understand the main phases that form the full technique and begin to refine individual elements.	Warm up – Student led pulse raiser + stretches. Tug of war. Reinforce safety points. Peer evaluation. Practice analysing partners performance. Teaching points; grip, 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 javelin. To incorporate the use of a run up and understand what effective this has on performance. To record distance achieved in relation to previous best. To fully understand the rules regarding the javelin throw.	Warm up – Student led pulse raiser + stretches. Q & A on javelin knowledge. Reinforce safety points. Peer evaluation. Practice analysing partners performance. T.P’s; power position, whip javelin through in straight line, 45 degree release & transfer linear speed into arm power. Practice throws using 3/5 stride run up. Recorded distances with cone. Measure best at the end. Highlight school + world record.
7	Assessment 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.

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
4	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.
	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.
5	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.
6	

PRESTWICH VALUES
Work Ethic
Respect
Team Work
Success
Equality