

Learning Programme Year 7 Athletics

Topic/Content	Objectives/Skills	Assessment	Success Criteria (for E/S/D at KS3)	Stretch & Challenge (Thirst for Learning)
Year 7 Athletics	<p><u>Warm Up –</u> To understand the reasons for warming up and stretching at the start of the session. To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Athletics To know the names of major muscles.</p> <p><u>Sprint Start</u> To understand the importance of preparing for and recovering from exercise safely and effectively and to know the principles used. To be able to perform a standing and semi-crouched sprint start. To understand how the crouched position allows the runner to start the race more efficiently and be able to describe this in basic mechanical terms. To be able to begin a sprint race using the semi-crouched start.</p> <p><u>High Jump</u> To understand how the arms can be used during takeoff to increase the height of the jump. To be able to perform the basic though technically correct scissors technique. To be able to use the scissors technique to attempt to clear an ever increasing height (dictated by personal achievement)</p> <p><u>Long Jump</u> To be able to take off using a variety of footwork combinations (e.g. one to two feet, two to one foot etc.) To understand the affect that the angle of take-off has on the total distance jumped. To be able to perform a basic hang technique when jumping using a shortened run-up.</p> <p><u>Shot Putt</u></p>	<p>Students are assessed against the skills matrix.</p> <p>Assessment through observation of Core skills in isolation and full performance context.</p> <p>Verbal feedback given.</p> <p>Use of demonstrations for key points using pupil exemplars.</p>	<p>See assessment matrix.</p>	<p>Able pupils guided towards specific clubs/teams.</p> <p>Lunchtime practice.</p>

	<p>To know that the Shot Putt uses what is known as a pushing action and be able to describe this action in their own words. To be able to grip the shot (or modified other) using the correct grip and be able to check the grip of a partner. To know that the whole body must be used in order to maximise the total distance thrown. To be able to perform a basic though technically correct putt using modified equipment, starting from a side-on position and using a ¼ rotation of the upper body.</p> <p><u>Discus</u></p> <p>To know that the discus uses what is known as a slinging action and be able to describe this action in their own words as well as identify the main similarities and differences between the discus and the shot. To be able to grip the disc (or modified other) using the correct grip and be able to check the grip of the partner. To know how the timing and angle of release affects the total distance thrown. To be able to perform a basic though technically correct discus throw using modified equipment, starting from a side-on position and using a ¼ turn of the upper body.</p> <p><u>Javelin</u></p> <p>To know that the javelin uses what is known as a spear action and be able to describe this action in their own words as well as identify the main similarities and differences between the javelin, discus and the shot. To be able to grip the javelin (or modified other) using the correct grip and be able to check the grip of the partner. To know how the timing and angle of release affects the total distance thrown. To be able to perform a basic though technically correct javelin throw using modified equipment, starting from a side-on position and using a ¼ turn of the upper body. To understand the safety aspects involved in performing the javelin.</p>			
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