



## YEAR 8 ATHLETICS LEARNING PROGRAMME

This unit I will be learning about...		The key vocabulary that I will learn this unit are...
<p><b>This half term I am learning:</b></p> <ul style="list-style-type: none"> <li>The correct technique to take part in running events, sprinting, throwing and jumping technique.</li> </ul> <p><b>By the end of this half term I will be able to:</b></p> <ul style="list-style-type: none"> <li>Using the correct technique, safely take part in a range of different athletics events.</li> </ul>		Analyse Weight transfer Acceleration Pacing Explosive Power Stride length Push
<b>Week's Learning</b>	<b>Literacy Links</b>	<b>Homework</b>
<p><b>Focus 1 -</b> Be introduced to the correct way in which to throw an outdoor shotput and do so safely, whilst also have a competitive throw scored- using all technique points covered in week 1 lesson.</p> <p>Take part in a 100m race using correct sprinting technique. Reflect and put my own feedback into my own running ready for sports day.</p>	Speaking and oracy skills developed when analysing performance.	<p>Students are expected to attend at least 1 extra-curricular club during lunch time or after-school.</p>
<p><b>Focus 2 –</b> Be introduced to the correct way to throw an outdoor javelin and do so safely, whilst also having a competitive throw scored, using all technique points covered in 100m.</p> <p>Take part in 200m race using correct sprinting technique.</p>	Speaking and oracy skills developed when analysing performance.	
<p><b>Focus 3 –</b> Recap correct long jump and triple jump technique, having competitive scores taken for both jumps in the outdoor sandpit. I will then put a mark on the measurement tape and aim to beat that score by working on the correct technique.</p> <p>Take part in 300m race using correct pacing technique.</p>	Speaking and oracy skills developed when analysing performance.	
<p><b>Focus 4 –</b> Be introduced to the correct high jump technique and have a competitive jump score taken.</p> <p>Take part in a 800m race using correct pacing technique.</p>	Analysis of performance identifying roles that suit my skills.	
<p><b>Focus 5 –</b> Be introduced to the correct way in which to throw a discuss and do so safely, whilst also have a competitive throw scored.</p> <p>Take part in a 1500m race using correct pacing technique.</p>	Speaking and oracy skills developed when analysing performance	
<p><b>Focus 6 –</b> Take part in a 100m relay in teams of 4, using correct pass on technique and sprinting technique.</p>	Speaking and oracy skills developed when analysing performance.	
<b>Sequencing</b>		
<p><b>How this unit builds on prior learning:</b> Builds on basic primary school learning transferring indoor athletics to outdoor. Builds upon prior knowledge gained in year 7.</p>	<p><b>How this unit leads to future learning:</b> Leads on to future learning through understanding components of fitness to be successful in athletics.</p>	
<p><b>Resources to support:</b>  <a href="http://www.bbc.co.uk/bitesize">www.bbc.co.uk/bitesize</a>  <a href="http://www.getrevising.com">www.getrevising.com</a></p>		
<p><b>Social, Moral, Spiritual, Cultural and British Values linked to this learning programme:</b> Pupils experience working together to achieve the same goal. Success and feel good factor. Leadership, teamwork, decision making, emotional literacy, dealing with victory and defeat. Pupils' morality tested with being safe and fair. Pupils' organisational skills and management of people skills practised.</p>		
<p><b>Assessment:</b> Head, Heart, Hands.</p>		