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| TOPIC: Athletics |

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| Theme: To understand and apply the correct techniques in a variety of athletics events | Level: Year 8 |
| Objectives: I can…   * Identify and explain the key points for each technique * *Perform the correct technique in each event* * *Perform the correct technique to achieve a good distance/time in each event* | |

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| Focussing Questions | Key Words | |
| **50m Sprint**   * Be able to explain the key points of the sprint start * Be able to perform the sprint start during a race * Be able to combine the sprint start with the 3 phases correctly   **Relay**   * Be able to explain the role of the changeover box * Be able to perform a stationary changeover * Be able to perform a moving changeover   **Long Distance**   * Be able to explain the key points of pacing * Be able to inconsistently show pacing while racing * Be able to consistently show pacing while racing   **High Jump**   * Be able to explain the key points of the fosbury flop * Be able to demonstrate the fosbury flop at a ‘low’ height * Be able to demonstrate the fosbury flop at a ‘high’ height   **Long Jump**   * Be able to explain the how the pigeon steps are used in long jump * Be able to demonstrate the pigeon steps technique * Be able to use the pigeon steps technique to maximize distance   **Javelin**   * Be able to explain the key points for the 3 step run up throw in javelin * Be able to demonstrate the correct 3 step run up throw in javelin to achieve a short distance * Be able to demonstrate the correct 3 step run up throw in javelin to achieve a long distance   **Assessment**   * Assess students’ performance in each event * Assess knowledge and understanding of technique during each event | Speed  Acceleration  Balance  Drive phase  Stride phase  lift phase  Down sweep  Leg  Pacing  Co-ordination  Scissor kick  Hang  Take off board  Grip  Trajectory  Follow through  Sprint finish  Fosbury flop  Pigeon steps  Run up | Explaining words (for feedback)  ...so...  ..because...  Therefore...  As a result...  This means that...  This causes...  ...Due to the fact... |