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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
 | SpeedAccelerationBalanceDrive phaseStride phaselift phaseDown sweepLegPacingCo-ordinationScissor kickHangTake off boardGripTrajectoryFollow throughSprint finishFosbury flopPigeon stepsRun up | Explaining words (for feedback)...so.....because...Therefore...As a result...This means that...This causes......Due to the fact... |