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| Year 7 – PE - Athletics |  | | | | | |
| **Enquiry Question: Who is a better athlete Usain Bolt or Mo Farah?** | | | | | | |
| **Unit title: Athletics**  Why now? This unit builds on athletics that would have been previously taught in primary schools. Students will know the various events that are within athletics that range across track and field events. This unit seeks to build on that knowledge and to develop the skills necessary for students to perform at their maximum when learning the different events in athletics. Students will be able to evaluate their own and their peers performance in relation to a set criteria. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to… | Vocabulary  *(Tier 2 and 3)* | Home Learning | Assessment | Extra Resources  Extended Reading | Cultural Capital |
| Health and safety throughout all athletics events, in particular hurdles, throwing and jumping events.  Running technique for both short and long distances.  Jumping technique for high, long and triple jump.  Throwing techniques for javelin and shot putt.  Evaluative skills and commenting on performances to give feedback that will improve performance. | Know how to perform all skills/events safely when participating/competing in an event.  Learn a range of events and skills with accuracy and precision  Understand the rules of each event and perform to the rules.  Evaluate own and peers performance using WWW and EBI | 100m  200m  800m  1500m  Javelin  Discus  Baton  Relay  Long Jump  High Jump  Triple Jump  Fosbury flop  Power  Momentum  Acceleration  Stamina  Pace | Attend athletics club at Langdon Park.  Victoria Park Harriers at Mile End <http://sites.vphthac.org.uk/juniors/training>  See Youtube/BBC sport for athletics footage. | Question/Answer  Self- assessment  Peer assessment  Video analysis of performances. | [*https://www.britishathletics.org.uk*](https://www.britishathletics.org.uk)  Jessica Ennis-Hill’s autobiography <https://www.waterstones.com/author/jessica-ennis/596120>  Usain Bolts autobiography <https://www.waterstones.com/book/faster-than-lightning-my-autobiography/usain-bolt/9780007371426> | Go to see a live athletics event…  <https://www.britishathletics.org.uk> |