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| Year 8 – PE - Athletics |  | | | | | |
| **Enquiry Question: Are Heptathletes the greatest sporting athletes in the world?** | | | | | | |
| **Unit title: Athletics**  Why now? Students will build upon the skills they covered in Year 7 and continue to develop them under more challenging environments. The skills are constant but the students are taught the importance of honing these skills to improve their performance and what improved performance looks like. They are given the opportunity in Year 8 to develop the quality of each skill and use their analytical skills to highlight positives and negatives with their performance as well as others. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to…  **(Continual Development)** | 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. | Continue to perform all skills/events safely when participating/competing in an event.  Develop a range of skills that will enable you to complete each event effectively.  Continue to learn the rules of each event and perform to the rules.  Continue to evaluate your own and others 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> |