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| Year 9 – PE - Athletics |  | | | | | |
| **Enquiry Question: Are athletics skills the foundations for all sports there are in the world?** | | | | | | |
| **Unit title: Athletics**  Why now? Students will consolidate the learning they have done in this third year of Key Stage 3. The skills are a constant and the students will be challenged in the more difficult practices to choose the correct skills in order to outwit their opponents and be successful. They will have the opportunity to evaluate performance and improve on highlighted weakness to improve overall performance. | | | | | | |
| **Knowledge**  Students will know about… | **Application/Skills**  Students will be able to…  **(Consolidation of learning)** | 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 and be able to create practices that will improve performance.  Hone the skills learnt and continue to practice in order to perform each skill effectively. Link the skills where possible. (100m – Long Jump)  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> |