****Year 7**

**Athletics Scheme of Work**

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| **AIM:** In this unit pupils will accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient. In all athletic activity, pupils will engage in performing and improving their skills and personal bests in relation to speed, height and distances. |

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| **Motor Competence**Pupil will be introduced to basic athletic skills and develop an accurate replication. Pupils will develop the skills of sprinting, sustained running, jumping and throwing. Pupils should understand that different events demand different skill types and be able to adapt their skills to the needs of the event. Students should be able to describe the elements of an effective running, jumping & throwing style..  | **Rules, Strategies & Tactics**Pupils will develop the skills necessary to compete and achieve in a number of athletic events. To gain further experience at jumping events, aiming for height/distance. Throwing events, aiming for distance. Running disciplines, the time taken to cover a set distance. In all events, demonstration of accurate technique and related performances will be assessed.  | **Healthy Participation**Highlight the benefits of athletic based movements to fitness and of being healthy and active. Understand the importance of heart rate and recall large muscle group names. Suggest any athletics clubs within the school timetable and promote community links. To understand the type of fitness athletes need to perform at a high level. |

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| **Cross-Curricular Links**Literacy (key words), Citizenship (sportsmanship & cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests) | **Recommended Reading**Women in Sports: 50 Fearless Athletes Who Played to WinBook by Rachel IgnotofskyThe Guinness Book of Track & Field Athletics: Facts & FeatsBook by Matthews, Peter |

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| **Lesson** | **Core Skill** | **Lesson Objective** | **Teaching Points** | **Suggested Drills** | **Questions to be asked?** |
| 1&2 | Throws | To **know** how to throw safely and to demonstrate the correct technique. | **Discus:** **Holding the discus**1. Spread fingers out with index finger in line with wrist
2. Place fingers first knuckles over the disc

**Release the discus**1. Palm down
2. Squeeze the discus out (bar of soap)
3. Discus to roll off the index finger

**Javelin:**1. Side on
2. Straight arm
3. head facing front
4. Pull arm through

**Shot Putt:**1. Dirty neck/Finger tips
2. Clean palm
3. Usain bolt (High elbow)
 | **Introduction to Discus**<https://www.youtube.com/watch?v=BAEIpvi5CB8> **Introduction to Javelin**<https://www.youtube.com/watch?v=vZJauZaKzZY> **Introduction to Shot Putt** <https://www.youtube.com/watch?v=cfwxooD403w>  | **Retrieval:****Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)*Application of knowledge to peer assess.*What role does both the upper and lower body play in each throw?How does a throwing competition work at the Olympic Games?  |
| 3&4 | Jumps | To **know** how to perform a legal jump and to demonstrate the correct technique. | **Long Jump:** 1. Speed on approach
2. Jump using one foot on the board
3. In flight arms swing above your head and drive legs up
4. Landing with two feet together

**High Jump:**1. Approach using a curved run up
2. Drive/Jump off using your outside leg
3. Other leg drives up and over the bar along with the arms.
4. Twist body and land on your back with knees raised.
 | **Introduction to Long Jump**<https://www.youtube.com/watch?v=aYaTfHRSvhk> **How to High Jump**<https://www.youtube.com/watch?v=wnaYlvlgLm8>  | **Retrieval:****Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)*Application of knowledge to peer assess.*Why might a jump be deemed a ‘no jump’?What role does the run up play for each jump? |
| 5&6 | Short Distance Running | To **know** how to run short distances starting the race effectively and efficiently. | **100m/200m/400m:**1. Crouched start and continue through drive phase
2. Long strides with knees driving high
3. Fast pumping arms
4. Head up nice and straight.

**Hurdles:**1. Driving leg extended over hurdle
2. Heel high and chest low
3. Reach forward with opposite arm
4. Keep head still.
 | **Sprinting Technique**<https://www.youtube.com/watch?v=-Ot-dP1xST4> **Hurdles Tips and Drills**<https://www.youtube.com/watch?v=uMUEyVJjENw>  | **Retrieval:****Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)*Application of knowledge to peer assess.*What is the best way to start a sprint race?What are the phases of a sprint race?  |
| 7 | Middle Distance Running | To **know** how to run middle distances starting the race effectively and efficiently. | **800m/1500m:**1. Upright posture with head still
2. Controlled arm action
3. Keep body relaxed.

**Cross Country:**1. Upright posture with head still
2. Controlled arm action
3. Keep body relaxed.
 | **Middle Distance Training**<https://www.youtube.com/watch?v=XKxJLxOgtKo>  | **Retrieval:****Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)*Application of knowledge to peer assess.*Can you explain how pacing works to a partner?How many laps of the track is each middle distance race? |
| 8 | Relay | To **know** how to run relay races in a team effectively. | **Relay:** **Use sprinting technique from short distance lesson.** 1. Set marker with partner
2. Command words ‘hand’
3. Downward sweep hand over change
 | **Baton change overs and tips**<https://www.youtube.com/watch?v=P7l73zI7eNA>  | **Retrieval:****Students are using their knowledge of the skill to assess the effectiveness of a peer performance. They should be encouraged to use** [**WWW.EBI**](http://WWW.EBI)*Application of knowledge to peer assess.*What are the 2 main relay races?What role does teamwork play in relay races? |