



Year 7 Athletics

6 Lessons

Stage	Description
Emerging	<ul style="list-style-type: none">Be able to Jump – taking off with one foot and landing appropriatelyBe able to throw – Demonstrate a basic standing throw for shot/javelin/discusBe able to demonstrate a basic standing start and sprint 50mBe able to run 400m without stoppingBe able to jump over low-level hurdlesAre able to Identify strengths and weaknesses of a performer
Developing	<ul style="list-style-type: none">Be able to use a fast, accurate and measured run-up with a controlled landingBe able to use the correct angle of release in the throw most of the time to achieve good distancesBe able to demonstrate a basic sprint start, good drive through start of the race and show good drive with arms and legs over 100mBe able to complete an 800m race showing understanding of pacing and tacticsBe able to complete a set of hurdles with reasonable techniqueAre able to explain to a performer their strengths and weaknesses
Secure	<ul style="list-style-type: none">Be able to show good drive with arms and legs and achieve good distances/heights using good techniqueBe able to use appropriate run-up/preparation for the throw and achieve good distancesBe able to show power and good technique throughout the race with a strong finish over 100m 200mBe able to complete 800m or 1500m races with good pace and good timesBe able to complete a full set of hurdles with pace and good technique over 75mAre able to explain to the performer their strengths and weaknesses
Excellence	<ul style="list-style-type: none">Be able to demonstrate advanced techniques to achieve excellent distances/heights using good techniqueBe able to use appropriate run-up/preparation for the throw and achieve good distancesBe able to use a very strong technique from start to finish to achieve very good times for age category over 100,200m and 400mBe able to complete 1500m race showing understanding of tactics to record good timesBe able to complete a full set of hurdles with excellent technique in a very good time over 80mAre able to develop practices to support performance