



**Year 8 Athletics**

**6 Lessons**

| Stage      | Description  |
|------------|--|
| Emerging   | <p>Be able to Jump – taking off with one foot and landing appropriately</p> <p>Be able to throw – Demonstrate a basic standing throw for shot/javelin/discus</p> <p>Be able to demonstrate a basic standing start and sprint 50m</p> <p>Be able to run 400m without stopping</p> <p>Be able to jump over low-level hurdles</p> <p>Are able to Identify strengths and weaknesses of a performer</p>   |
| Developing | <p>Be able to use a fast, accurate and measured run-up with a controlled landing</p> <p>Be able to use the correct angle of release in the throw most of the time to achieve good distances</p> <p>Be able to demonstrate a basic sprint start, good drive through start of the race and show good drive with arms and legs over 100m</p> <p>Be able to complete an 800m race showing understanding of pacing and tactics</p> <p>Be able to complete a set of hurdles with reasonable technique</p> <p>Are able to explain to a performer their strengths and weaknesses</p>                                     |
| Secure     | <p>Be able to show good drive with arms and legs and achieve good distances/heights using good technique</p> <p>Be able to use appropriate run-up/preparation for the throw and achieve good distances</p> <p>Be able to show power and good technique throughout the race with a strong finish over 100m 200m</p> <p>Be able to complete 800m or 1500m races with good pace and good times</p> <p>Be able to complete a full set of hurdles with pace and good technique over 75m</p> <p>Are able to explain to the performer their strengths and weaknesses</p>  |
| Excellence | <p>Be able to demonstrate advanced techniques to achieve excellent distances/heights using good technique</p> <p>Be able to use appropriate run-up/preparation for the throw and achieve good distances</p> <p>Be able to use a very strong technique from start to finish to achieve very good times for age category over 100,200m and 400m</p> <p>Be able to complete 1500m race showing understanding of tactics to record good times</p> <p>Be able to complete a full set of hurdles with excellent technique in a very good time over 80m</p> <p>Are able to develop practices to support performance</p> |