



Year 7 Athletics

6 Lessons

Aims: 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.

Key Skills	Literacy Links:	Numeracy Links:
<ul style="list-style-type: none"> • Accurate replication: 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. • Developing physical/mental capacity: Pupils to prepare and recover from exercise safely and effectively and to gain an understanding of the principles used. Be able to recognise that different types of activities require different type of fitness. Physical warm ups aid as a useful fitness tool in developing a pupil's physical capacity. To use images and task cards to develop skills and techniques. Understand the physics of speed, linear motion, angles and drag. • Developing skills and Performance: Pupils will develop the skills necessary to compete and achieve in a number of athletic events. To gain a baseline 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. • Making and Applying Decisions: Pupils will develop and refine skills and tactical decisions in order to run, jump or throw further. Pupils to evaluate the use of body parts to gain an improvement in replicated technique. Apply strategies for effective competitive performance. Adapt & refine these strategies to the need of an event. To encourage the ability to become a reflective learner. • Making Informed Choices About Healthy, Active Lifestyle: Evaluating and Improving: 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. • Evaluating and Improving: Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in their own and others performances. Use of peer assessment worksheets for events. Self-assessment through use of video analysis and dartfish. Success criteria conveyed through modelling & video recordings. Appropriate questioning on teaching points of the skills and processes developed. 	<p>Pupils will be able to understand and use words relating to running, e.g. stride length leg and arm action, head position and pacing. Jumping e.g. approach run, acceleration, and momentum. Throwing e.g. grip, stance, release and angle of release. Watch video/analysis correct technique. Communication; Speaking and Listening. Cooperation; Working together.</p>	<p>Opportunities for pupils to record results</p>

Assessment	Cross-Curricular Links
<ul style="list-style-type: none"> • Q & A, Formative and summative assessment. 	<ul style="list-style-type: none"> • 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)

Opportunities for further learning	SMSC opportunities and British values
<p>Homework is not set for P.E in Year 7. However students are encouraged to practice in their own time and attend extra-curricular clubs to improve their performance. Students should be encouraged to:</p> <ul style="list-style-type: none">• practise skills at home and take part in school sport, either competitively or socially• join clubs in the community and/or use local facilities• watch live and recorded matches, to appreciate high-quality performance• make up games that focus on improving technique and fitness,• read rule books and sports reports in newspapers and magazines	<ul style="list-style-type: none">• Encourages students to accept responsibility for their behaviour & show initiative.