

Concept: Improving on technique and PB's

The big picture: To use knowledge of athletics events, strategies and core techniques to develop skill performance. To improve core skills and personal bests in relation to speed, height, distance and accuracy. Develop understanding of the importance of improved health and fitness levels.

Key Concepts: Fitness, Health and Wellbeing and Physical Competence.

Physical Literacy – Motor Competence

Motor Skill		Definition	How do I do this?
Long Jump		To move from one foot into the air and land on two feet.	Identify a chosen take off leg. Flexion at the hip and knees and chest pointing forwards. Pick a point to focus on in the distance to emphasise keeping your head up. Swing arms through and up whilst extending legs and land on two feet.
Triple Jump		To move from one foot into the air and land on the same foot.	Identify a chosen take off leg. Flexion at the hip and knees and chest pointing forwards. Pick a point to focus on in the distance to emphasise keeping your head up. Swing arms through and up whilst extending legs and land on the same foot.
Sprint Start		The body positioning at the start of a sprint race.	The body weight should be evenly distributed between hands, feet, and knees, the arms should be in a straight alignment shoulder-width apart, and the head and back should be aligned. Fingertips pointing to either side of the track and behind the white lines.
Javelin		A throwing event from above with the shoulder, which propels the object forwards.	Stand side-on and bring throwing arm up to starting position (depending on throw). Use non-throwing arm to aim at the target. Propel hip and chest forward to generate power.
Shot Put		A throwing event from in line with the chin, which propels the object forwards.	Shot in the fingertips and pushed under jawline. Stand side-on with chest pointing in the opposite direction to the target. Non-throwing hand pointing towards back foot. Drive hips, chest and non-throwing arm forward to the target and release just before extension of the elbow joint.
Relay Changeover		The baton is passed from one person to another during a relay race.	Hold their receiving arm parallel to the floor behind them with their palm facing up. They gradually move toward the back edge of the changeover box to ease the transition. The baton is placed from the current runner and into the opposite hand of the receiver within the changeover zone.

Life Skills

Cooperation Working collaboratively and efficiently with others to form positive outcomes.	Communication Students will develop their ability to work with others of different abilities and communication levels.
Supporting + Encouraging Students will show empathy towards others.	Respect for Environment Clear understanding around key safety points that must be adhered to. Clear rules and protocols must be followed to achieve success.
Courage Students will develop self-confidence and self-esteem.	Resilience To demonstrate persistence against various challenge.

Physical Literacy – Knowledge of rules, strategies and tactics

<p>Safety underpins all events in Athletics – Do not jump, whilst someone in your lane is in the pit. Do not throw or collect your shot/javelin until signalled by staff.</p> <p>Long/Triple Jump – Performing a run-up in odd numbers between 5 & 11. Also, forming that understanding that a longer run up does not always maximise distance depending on ability and balance. Likewise, in the triple jump, not committing fully to the first phase (step) will lead to confusion and a breakdown of technique.</p> <p>Javelin – The alignment of the javelin will greatly impact upon distance. Imagine you are throwing the javelin over a rainbow; any misalignment will increase air resistance and reduce distance. Incorporate large muscle groups such as abdominals, quadriceps and latissimus dorsi into the throw – do not throw from just your arms.</p> <p>Shot Put – Keep the shot close to the midline of the body to prevent injury. Drive low to high to maximise distance and enhance chance of a PB. Keep your body driving behind the shot to increase power.</p>	<p>Techniques common to all events</p> <p>Think: Heads Up Chest out Back Straight (posture) Contracted Core Muscles</p>
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Health and Wellbeing

Being active is important for **physical health and wellbeing**. **Health** is a state of complete physical, mental and social well-being. **Fitness** is the ability to fulfil a particular physical task. **Athletics promotes many different areas of fitness that keep us healthy**. In particular **speed, power and balance**. **Speed** is how quickly you can sprint from point A to point B, for example. **Power** is applying muscular strength at speed, which could be shown in either a jump or throw. **Balance** can be shown in all events, most importantly at the take-off phase of a jump, as you are moving at speed off a single point of contact with the floor. **These areas of fitness are also needed in everyday life**.