

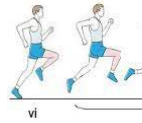





Concept: The fundamental movements in Athletics

The big picture: The aim of this year is to provide students with a broad understanding of the fundamental skills in Athletics and the importance of safety in each activity.

Key Concepts:

Physical Literacy – Motor Competence			
Motor Skill		Definition	How do I do this?
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.
Hop		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.
Step		To move from one foot into the air and land on the opposite 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 opposing foot.
Throw		An action from above or in line 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.
Sprinting		To run fast over a short distance. A continuous stepping actions.	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 opposing foot. This is performed at speed.
Balance		N even distribution of weight over 1 or more points of contact.	Depending on points of contact and action e.g. identifying take off leg. Use a wall or partner to practice your ability to distribute weight over base of support and improve balance.

Life Skills	
<p>Cooperation Working collaboratively with others to form positive outcomes and achieve targets.</p>	<p>Communication Giving and receiving information from teammates, through speaking, listening and body language.</p>
<p>Supporting + Encouraging Students will feel supported in reflecting on and embracing failure.</p>	<p>Respect for Environment Clear understanding around key safety points that must be adhered to. Clear rules and protocols must be followed to achieve success.</p>
<p>Courage To achieve self-confidence through success in technique.</p>	<p>Managing Emotions Students will demonstrate commitment to maintaining positive attitudes. Also, to increase</p>

Physical Literacy – Knowledge of rules, strategies and tactics	
<p>Key Rules</p> <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>Jumps – All jumps must be performed from on top of or behind the ‘take off board.’</p> <p>Throws – All throws must be performed from behind the throwing line and land in the marked landing zones. How to maximise distance? Use of abdominals muscles and quadriceps to generate power.</p>	<p>Techniques common to all events</p> <ol style="list-style-type: none"> Keeping your head still and looking forward. Use of large muscle groups to optimise distance and speed.

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.**