

High Tunstall College of Science Curriculum Intent

Subject: Physical Education Year: 8 Half



Topic: Athletics

	Athletics	Progress		
Topic	Key ideas	R	A	G
Athletics	Mid and long distance running techniques			
	Effective sprinting techniques			
	Understanding trajectory when throwing.			
	Understanding of correct take offs and run ups for jumps.			

Lesson	Learning Focus	Assessment	Key Words
1-6	Throws: Javelin, Discus, Shot Putt Students to develop their throws. Discuss different forces, explosive/centrifugal	Formative assessment through questioning and observation. Distances thrown .	Centrifugal force Power Strength
7-11	Jumps : High Jump, Long Jump, Triple Jump Students introduced to more advanced preparation techniques. Importance of 1,2,3 take off in high jump. Introduce theory of levers for jumps.	Formative assessment through questioning and observation. Jumps recorded	Flexibility Power Explosive strength
12-20	Sprints: Correct warm up techniques for sprinting demonstrated. . Middle distance : Correct pace judgement to complete the event. Students to use pace, cardiovascular endurance and power to complete the event. Long distance : Students to understand pace and not walk any part of the event if judging pace correctly. Officiate : students taught how to measure throws, jump and record races.	Formative assessment through questioning and observation. Runs recorded.	Pacing Cardio vascular endurance Speed