

High Tunstall College of Science Curriculum Intent

Subject: Physical Education Year: 7 Half



Topic: Athletics

	Health and Fitness	Progress		
Topic	Key ideas	R	A	G
Health and Fitness	Develop technique in throwing lessons.			
	Develop technique in jumping lessons.			
	Develop technique in sprints and hurdles to race effectively.			

Lesson	Learning Focus	Assessment	Key Words
1-6	<p>Throws: Javelin, Discus, Shot Putt</p> <p>Students introduced to the equipment and given health and safety talk.</p> <p>Teacher demonstrations of how to throw. Students attempt their throws using correct techniques from stand-</p>	<p>Formative assessment through questioning and observation.</p> <p>Distances thrown .</p>	<p>Heart rate; breathing rate; stroke volume; tidal volume; sweating; temperature.</p>
7-11	<p>High Jump, Long Jump, Triple Jump</p> <p>Using plyometric power to achieve their best distance/ height.</p> <p>Development of technique for consistent jumps.</p>	<p>Formative assessment through questioning and observation.</p> <p>Jumps recorded</p>	<p>Stroke volume; tidal volume; blood pressure; lactic acid; oxygen; carbon dioxide.</p>
12-20	<p>Sprints: Correct warm up techniques for sprinting demonstrated. .</p> <p>Hurdles : Students to gauge their lead and trail leg.</p> <p>Middle distance : Correct pace judgement to complete the event. Students to use pace, cardiovascular endurance and power to complete the event.</p> <p>Long distance: Students to understand pace and not walk any part of the event if judging pace correctly.</p>	<p>Formative assessment through questioning and observation.</p> <p>Runs recorded.</p>	<p>Pulse raiser; dynamic stretching; mental preparation; range of movement; injury; recovery; DOMS.</p>