High Tunstall College of Science Curriculum Intent

Subject: Physical Education Year: 9 Half

Topic: Athletics

	Athletics	Progress		
Topic	**Key ideas**	**R**	**A**	**G**
Athletics	**Throws: Introduction of torque and momentum.**			
	Jumps : Students introduced to more advanced preparation techniques.			
	Running: Tactical judgements within a race. Setting personal targets.			

Lesson	Learning Focus	Assessment	Key Words
1-6	Throws: Javelin, Discus, Shot Putt Discuss different forces, explosive/centrifugal. Discussion and demonstrations of momentum and torque of throws. Biomechanical language used during throws. Applying a run up or a spin to a throw.	Formative assessment through questioning and observation. Distances thrown .	**Torque** **Momentum**
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	**Levers** **Pivot**
12-20	**Sprints**: Advanced warm up techniques for sprinting demonstrated. Use of bands. Aerodynamic nature of sprinting. Discuss the different phases. Relay baton usage, how to give and receive, using command words **Hurdles :** Hurdle acceleration drills. Use of explosive warm up techniques. Discuss steps in between hurdles and the approach. **Middle distance** : Tactical judgement of race depending on environment. Individually target set Students to use pace, cardiovascular endurance and power to complete the event **Long distance**: Tactical judgement of race. Target setting and finish the race correctly, changing pace to acceleration. **Officiate :** students taught how to measure throws, jump and record races. Rules of all events explained	Formative assessment through questioning and observation. Runs recorded.	**Aerodynamic** **Biomechanics**