



LEARNING JOURNEY

Athletics

F - A - C - T

This unit will build upon many of the key movement skills you have learned previously at KS2. Linked to key process through developing skills, making and applying decisions, developing physical and mental capacity and evaluating and improving. Many of these skills will facilitate future learning not only in this unit but across a wide range of sports.

The learning journey will work through many different events within athletics, giving students a breadth of knowledge in the disciplines.

Pupils are encouraged to distinguish right from wrong and attempt to applying correct technique and give feedback to each other. Pupils work with others to acquire an appreciation of a mutual respect and tolerance of others.

VOCABULARY

Awareness, Momentum, Preparation, Pacing, Endurance, Cohesion, Elevation, Explosive, Trajectory, Stance, Transference

WE ARE HERE

Athletics

First lesson
assessment
Awareness

Sprinting
Momentum

Sprint starts
Preparation

Middle distance
Pacing

Middle distance
Endurance

4 x 100m relay
Cohesion

Long jump
Elevation

What is the why behind your lesson today?

Long jump
Explosive

Javelin
Trajectory

Discus
Stance

Shot put
Transference

Assessment
Evaluate

What will you include in your warm-up today?