

# KESTEVEN AND SLEAFORD HIGH SCHOOL

## Physical Education Scheme of Learning Year 8- Athletics

### Intent – Rationale

Students begin to use their knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Students develop their understanding of fitness and its relationship to performance. In athletics activities, students will engage in performing and improving their skills and collective bests in relation to speed, height, distance and accuracy.

<p><b>Sequencing – what prior learning does this topic build upon?</b></p> <ul style="list-style-type: none"> <li>• Acquired sound technique in all events.</li> <li>• Gained knowledge of running, jumping &amp; throwing capacity</li> <li>• Awareness of strengths and limitations</li> </ul>	<p><b>Sequencing – what subsequent learning does this topic feed into?</b></p> <ul style="list-style-type: none"> <li>• Year 9 unit of athletics</li> </ul>
<p><b>What are the links with other subjects in the curriculum?</b></p> <ul style="list-style-type: none"> <li>• Literacy (key words), PSHE (sportsmanship &amp; cooperation ), Science (muscle names, bodily functions and healthy lifestyle consequences).</li> </ul>	<p><b>What are the links to SMSC, British Values and Careers?</b></p> <ul style="list-style-type: none"> <li>• GB4 a, b, f, g</li> <li>• M1</li> <li>• SO1</li> </ul>
<p><b>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</b></p> <ul style="list-style-type: none"> <li>• Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links</li> </ul>	<p><b>What are the opportunities for developing mathematical skills?</b></p> <ul style="list-style-type: none"> <li>• Maths (measuring distances, collating data &amp; comparing recordings against other bests)</li> </ul>

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## Physical Education Scheme of Learning Year 8 – Term Athletics

### Intent – Concepts

**What knowledge will students gain and what skills will they develop as a consequence of this topic?**

#### Know

Good replication of skills across all 3 areas and a reasonable knowledge of the underpinning principles related to athletics. Can describe parts of their performances which are effective and explain what they can improve with practice. Can describe the effects of athletic exercise on their body. Applies basic safety principles. Can explain how athletics improves overall fitness levels.

#### Apply

Demonstrates clear replication of techniques in all events and can explain the different demands of various events. Can adapt and change technique and identify ways to improve including tactics and strategies. Can identify good performances. Can conduct a suitable warm up and explain why exercise is good for health and a sustainable life. Can suggest and undertake an appropriate training programme for specific events

#### Extend

Replicate techniques in a wide range of events whilst demonstrating a good understanding of the principles of effective athletic performance. Can focus on aspects of their technique to improve and understand ways to perform in an event. Can provide others with effective feedback to help them improve. Can explain how warming up and cooling down help performance.

**What subject specific language will be used and developed in this topic?**

**What opportunities are available for assessing the progress of students?**

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<ul style="list-style-type: none"> <li>• running, throwing and jumping, eg static stretch/passive stretch, controversial stretches, Achilles tendon, hamstring, abductors, quadriceps, pectorals, biceps, triceps, abdomen, aerobic, anaerobic, interval training, fartlek training, endurance, power</li> </ul>	<ul style="list-style-type: none"> <li>• Be as specific as possible here. What will be assessed.?</li> </ul>
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## Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
<b>1-3 lessons Sprint running technique (100/200/400m)</b>	To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power.	To understand components of fitness involved in short distance races. To adhere to running rules in all track events	Warm up – Student led. Recap fitness needed- speed, power & reaction time. SAQ ladders. 10 metre team relays. T.P’s; movement of arms, hip to shoulder, Focus on control of levers & pick knees up. Paired 30 metre sprints –Highlight sprint start technique. Start, crouch, create power. 10m start races – go through technique. Discuss standards – Timed races (100, 200, 400m). Highlight world record.
<b>Middle distance running – 800m</b>	To accurately replicate basic technique for an effective 800m race. To understand the need to pace the race in order to sustain 2 laps.	To develop components of fitness involved in 800m. To evaluate performance of self and others and suggest ways technique may be improved.	Warm up – Student led pulse raiser + stretches. Perform 4 different paced ½ laps to highlight pace required for a bronze (87 sec), silver (62 sec), gold (52 sec) & platinum (45 sec) performance. 2 groups either side of track. 1 pupil to take charge of pace-

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			use stopwatch. T.P's; develop pacing ability. 800m timed. 4 ability races pupils to choose race to compete in 1. Highlight world record (1.41min)
<b>Jumping - high jump</b>	To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and perform a legal jump. To record and analyse the height achieved.	To understand the components of fitness involved in high jump.	Warm up – Student led pulse raiser + stretches. Use small hurdles in pairs to explore take off leg. Highlight 1 foot take off rule. Pairs- stand backwards to bar, practice standing backwards clear over bar, push hips up, land on back. Run up/ take off - scissors (progress to Fosbury) pupil/teacher demo. T.P's; run up, arc run, approach, take off phase, clearing bar and landing. Measured High Jump competition. 3 lives. heights recorded by non-participants
<b>Throwing – shot putt</b>	To perform and accurately replicate the technique for an effective shot putt. To record distance achieved in relation to previous best and peers. To understand the rules regarding throwing and ball landing.	To develop an understanding of the why some pupils throw further.	Warm up – Student led pulse raiser + stretches. Tug of war, 2 teams strength + teamwork development. Reinforce safety points. Pairs; peer evaluation. Teaching points; dirty fingers, clean palms, leg muscles for power, low body position, 45 degree release. Demo shuffle technique to create more power. Distances recorded with cone. Rules of shot-cant cross line, out back of circle. Take best attempt-measure. Highlight school + world record
<b>Throwing - javelin</b>	To perform and accurately replicate the technique for an effective	To understand factors that may affect the throwing of the javelin.	Warm up – Student led pulse raiser + stretches. Recap javelin knowledge.

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	javelin. To record distance achieved in relation to previous best and peers. To understand the rules regarding the throw and landing.		Reinforce safety points. Pairs; peer evaluation-watch and comment on technique. T.P's; power position, whip javelin through in straight line & 45 degree release. Practice throws. Progress to 3 side step run up. Focus on maintaining good technique Distances recorded with cone. Measure best at the end. Highlight school + world record.
<b>Relay</b>	To accurately replicate sprinting technique and demonstrate knowledge of change over skills. To understand rules regarding sprint relay and adhere to them.	To make decisions about pupils strengths and placement in the relay teams legs.	Student led pulse raiser + stretches. Circle team relay. 4 teams on the outside of a big circle. Run around outside, pass on + sit down. Progress to must overtake opposition team runner to eliminate. In 3's – 40m. Practice change over. T.P's; downsweep/upsweep, maintain baton speed, change over & communication. Pupils demo of good work. 4x100m races – Accelerate before changeover. World record