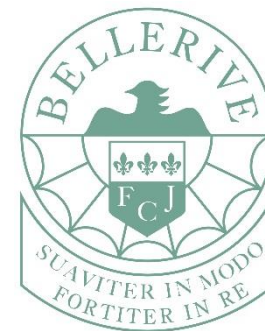


Scheme of work: Athletics



Subject/Year group KS3 Athletics	Year group/Big picture questions Sprinting Middle distance running Throwing events Jumping events	In this unit pupil will be taught about (from NC, identify core knowledge to be delivered) Develop their technique and improve their performance in competitive sports. Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
Pupils will focus particularly on the following attainment targets (from programme of study) To take part in sprinting events and start to master the sprint start technique To take part in a middle distance running event To develop throwing technique for different throwing events including different movements in throwing preparation To develop high jump technique To take part in a inter class competitions	As FCJ educators, we will focus on the FCJ values by Companionship – working with and listening to others. Dignity – views of others respected this is in respect to officiating and evaluations of techniques. Winning and losing with dignity. Excellence – Strive to be the best they can be and aim to achieve personal bests in each event	We will ensure students skills in reading, writing ,communication and mathematics are enhanced by Understand and use key words relating to: Running: stride length leg and arm action, head position and pacing. Jumping: approach run, acceleration, and momentum. Throwing: grip, stance, release and angle of release. <ul style="list-style-type: none"> • Opportunities for pupils to measure and record results. • Communication; Speaking and Listening.
We are supporting progression from KS2 in this unit by Transferring fundamental skills such as running, jumping and throwing to specific athletics events	We are supporting progression to KS4 in this unit by Teaching skills and techniques that they will take forward to competition standard for GCSE PE	Assessment opportunities Observation of performance Times and distances recorded to compare to normative data Questioning Self and peer assessment with opportunities to implement strategies for improvement.