

AREA OF ACTIVITY: ATHLETICS - INDOOR (SPORTS HALL BASED)		KEY STAGE: 3				NUMBER OF LESSONS : 7		
	1	2	3	4	5	6	7	8
INTRODUCTION WARM UP	Understanding of reasons for warm - up. Exercises related to the specific activity to be undertaken, as well as general running/stretching/flexibility exercises carried out in a safe environment.							
SKILL DEVELOPMENT	← ACTIVITIES FROM THE RANGE DETAILED ON THE FOLLOWING →							
PERFORMANCE	<p>Ensure coverage of:-</p> <p style="text-align: center;">6 x 10 shuttle run - stopwatch usage.</p> <p style="text-align: center;">Standing jump (triple/log) - tape measure usage.</p> <p style="text-align: center;">Shot or sitting throw - tape measure usage/safety.</p> <p style="text-align: center;">Hurdles (minimum 3) - stop watch usage/safety.</p> <p style="text-align: center;">Then coverage of other events as time/ability of group/space allows.</p>							
EVALUATION	Recording of times distances for use in ICT work.							
TOP SKILL	3A 3B	4A 4B						
RESOURCES Indoor equipment as available.	ICT LINKS Stop watches Tape measures Recording charts.			SAFETY Check equipment Check floor surface		LANGUAGE FOR LEARNING Stride length, Approach run, Acceleration, Take off, Landing.		

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SKILL DEVELOPMENT	SPRINTING	LONG JUMP	HIGH JUMP	THROWING	HURDLES	MIDDLE DISTANCE	ICT LINK	ALL EVENTS NEED TO BE COVERED FOR INTERFORM ATHLETICS	
PERFORMANCE	Start Running Practices Top Skill 1A 1B 1C Various distances. Use of stopwatch.	Approach Take off Flight Landing. Use of tape measure.	Approach Take off Style Scissor Flop Use of Bar Calibration	Turbo Javelin Grip Stance Arm action Follow through Approach run	Approach Take off Style Trail Leg Landing Speed between hurdles Vary height/distance.	Pacing practice Vary distance Vary time 400/800/1500	Use of heart rate monitors. Separate sheet.		
EVALUATION	Record times	Record distance	Record height	Record distance	Record time	Record Time	Record Data		
TOP SKILL	1A 1C 1B	3A 3B	3A 3C	4C		2B			
RESOURCES Equipment as required	ICT LINKS Stop watches Tape measures Recording charts		SAFETY Organisation of throwing groups. Check equipment Check area being used.		LANGUAGE FOR LEARNING Pacing, Arm action. Acceleration, Follow through, Grip, Stance				

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YEAR : 8									
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SKILL DEVELOPMENT	DISUS	SHOT	JAVELIN	HURDLES	HIGH JUMP	LONG JUMP	TRIPLE JUMP	RUNNING	
	Standing throw	Standing throw	Grip approach	Revision of Year 7	Style- flop	Approach	Approach	Various distances	
	Grip stance	Grip stance	Throwing position	Vary heights/distances	2 beds if possible.	Take off	Take off	Sprints	
	Delivery	Delivery	Delivery	According to ability.	Approach	Flight	3 phases	Middle	
	Follow through	Follow through	Follow through		Take off	Landing	Landing	Long	
PERFORMANCE	Measure	Movement across circle Measure	Cross over Final step. Measure	Time	Revision Measure	2/3 pits Measure	Measure	Time	
EVALUATION	Record distance	Record distance	Record distance	Record time	Record height	Record distance	Record distance	Record time	
TOP SKILL	4C	4C	4B		3C 3D	3D	3B 3D		
RESOURCES Equipment as required.	ICT LINKS Stop watches Tape measures Recording sheet.			SAFETY Organisation of throwing groups. Check equipment Check area being used.		LANGUAGE FOR LEARNING Point of delivery. Cross over step. Follow through. Fosbury flop. Grip. Stance.			

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SKILL DEVELOPMENT	<p>Pupils to select 1 run, 1 jump and 1 throw.</p> <p>Each event covered over 2 lessons. Groups to be organised to allow appropriate staff supervision of events.</p> <p>i.e. 1 with throw/ 1 with Jump/ 1 with running (safety)</p>							
PERFORMANCE	Pupils to be helped with advanced techniques as required and allowed to take part in competition and refine their performance over the two sessions.							
EVALUATION	Recording of performances over 6/7 sessions. Use of award schemes to evaluate individual performances							
RESOURCES Equipment as required.	ICT LINKS Stop watches, Tape measures, Recording charts.			SAFETY Organisation of throwing groups. Check equipment. Check area being used.		LANGUAGE FOR LEARNING Appropriate to chosen activities.		