

Physical Education Athletics

Assessment Opportunities	Literacy/Reading opportunities	CEIAG Links
<p>Self and Peer assessment tasks during lessons.</p> <p>End of topic summative assessment reflection from student and assessment from teacher.</p>	<p>Regular use of Tier 2 and 3 vocabulary.</p> <p>Key words on board every lesson.</p> <p>Homework tasks of rules and regulations made by governing body.</p>	<p>Opportunities to lead others.</p> <p>Different role opportunities in the lesson such as official, coach, player.</p>

Curriculum vision:

“Our aim is to deliver a curriculum that is inclusive, relevant and progressive for all learners.”

Year 7 Athletics Scheme of Learning

Prior Learning: The majority of pupils will have little or no experience of Athletics.

Expectations: Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show desire to improve and develop.

3 Pillars of Progress

Motor Competence

Functional Motor Skills

- Footwork Drills
- Throwing Drills
- Running Drills

Where necessary focus on:

- Speed, Power, reaction time, Ready position.

Warm Up/Skill Games

- Space Invaders (Cones)
- Tag Bulldogs
- Stuck in the mud.

Ready Position, Speed, Power

Throw

- Stance
- Release

Running

- Leg Action
- Arm Action
- Pacing

Jumping

- Take off
- Landing
- Arm Action

Rules, Tactics and Strategies

- Racing Tactics
- Throwing Tactics
- Teaching points
- How to move
- When to move
- When to throw

Rules of Field Events

- Long jump athletes will run down the runway and jump off the board, off one foot, landing in a sand pit.
- High Jump the athlete jumps off one foot. The athlete cannot do a front flip over the bar.
- Shot Putt is a pushing motion, not a throwing motion.
- Javelin throw is legal only if the tip of the javelin lands within the sector.
- Discus not allowed to touch the top of rim of the throwing circle but can touch the inside edges of it.

Rules of Running Events

- Lanes 100m, 200m and 400m, Athletes must stay in their lanes.
- All distance events will start from a waterfall start. This is a curved line at the start of the race.
- Athletics foot cannot step outside of the track.

Healthy Participation

Please see Healthy Participant SOL

Year 7 Athletics Scheme of Learning

Risk Assessment

- Check equipment, Check area and surface, appropriate footwear, appropriate kit, no chewing gum, long hair tied back, no jewellery, sufficient warm up, teach pupils how to operate tables safely.

Resources

- Stopwatches/measuring equipment.
- Cones visual resources/task cards
- Video/ICT software
- Relay batons
- Shot
- Javelin

Language for Learning/Key Words/Vocabulary

In addition to the key words and terms documented within the 3 Pillars of Progress.

- Pupils will be able to understand and use words relating to running, e.g. leg and arm action, head position. Jumping e.g. take off, acceleration, momentum, and landing. Throwing e.g. grip, stance, release, and angle of release. Opportunities for pupils to record results. Communication; Speaking and Listening. Cooperation; Working together.

Assessment Methods

Formative Assessment

- I can statement, class discussion, quizzes, Q&A, recall activities, observation, peer-assessment, self-assessment, retrieval practice

Summative Assessment

- Data collect, school report, summative assessment, Bronze, Silver, Gold, Platinum

Differentiation - SEN/G&T

- By task and outcome, consider how pupils are grouped, mixed ability, HAP, LAP, planning in relation to ongoing formative assessment, SEND provision, G&T provision, time to practice, revisit where necessary, different/modified equipment, TA support where applicable.

Extension and Enrichment

- Attend school-based indoor and outdoor clubs for athletic activities
- Access links to local community-based clubs
- Take part in inter-form/house and inter-school competitions and challenges such as sports day
- Watch quality performance live, on television or on the internet

Cross Curricular Links:

- Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests)

ICT

- YouTube, Video Analysis

Year 8 Athletics Scheme of Learning

Prior Learning: Pupils will have prior knowledge and skills of Athletics from Year 7

Expectations: Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show desire to improve and develop.

3 Pillars of Progress

Motor Competence

<p>Functional Motor Skills</p> <ul style="list-style-type: none"> • Footwork Drills • Throwing Drills • Running Drills <p>Where necessary focus on:</p> <ul style="list-style-type: none"> • Speed, Power, reaction time, Ready position. <p>Warm Up/Skill Games</p> <ul style="list-style-type: none"> • Space Invaders (Cones) • Bulldogs • Stuck in the mud. <p>Ready Position, Speed, Power</p>	<p>Throw</p> <ul style="list-style-type: none"> • Stance • Release • Angle of Release <p>Running</p> <ul style="list-style-type: none"> • Leg Action • Head Position • Arm Action • Pacing <p>Jumping</p> <ul style="list-style-type: none"> • Take off • Acceleration • Momentum • Landing • Arm Action
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Rules, Tactics and Strategies

<p>Knowledge of tactics</p> <ul style="list-style-type: none"> • Changing pacing • Movement pressure • Identifying weaknesses • Opponent anticipation <p>Rules of Field Events</p> <ul style="list-style-type: none"> • Long jump athletes will run down the runway and jump off the board, off one foot, landing in a sand pit. • High Jump the athlete jumps off one foot. The athlete cannot do a front flip over the bar. • Shot Putt is a pushing motion, not a throwing motion. • Javelin throw is legal only if the tip of the javelin lands within the sector. • Discus not allowed to touch the top of rim of the throwing circle but can touch the inside edges of it. <p>Rules of Running Events</p> <ul style="list-style-type: none"> • Lanes 100m, 200m and 400m, Athletes must stay in their lanes. • All distance events will start from a waterfall start. This is a curved line at the start of the race. • Athletics foot cannot step outside of the track.
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Healthy Participation

Please see Healthy Participant SOL

Year 8 Athletics Scheme of Learning

Risk Assessment

- Check equipment, Check area and surface, appropriate footwear, appropriate kit, no chewing gum, long hair tied back, no jewellery, sufficient warm up, teach pupils how to operate tables safely.

Resources

- Stopwatches/measuring equipment.
- Cones
- Visual resources/task cards
- Video/ICT software
- Relay Batons
- Shot
- Javelin

Language for Learning/Key Words/Vocabulary

In addition to the key words and terms documented within the 3 Pillars of Progress.

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Assessment Methods

Formative Assessment

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Summative Assessment

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Differentiation - SEN/G&T

- By task and outcome, consider how pupils are grouped, mixed ability, HAP, LAP, planning in relation to ongoing formative assessment, SEND provision, G&T provision, time to practice, revisit where necessary, different/modified equipment, TA support where applicable.

Extension and Enrichment

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- Watch quality performance live, on television or on the internet

Cross Curricular Links:

- Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests).

ICT

- YouTube, Video Analysis

Year 9 Athletics Scheme of Learning

Prior Learning: Pupils will have prior knowledge and skills of Athletics from Year 8

Expectations: Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show desire to improve and develop.

3 Pillars of Progress

Motor Competence

<p>Warm Up/Skill Games</p> <ul style="list-style-type: none"> • Space Invaders (Cones) • Bulldogs • Stuck in the mud. • Capture the Flag <p>Ready Position, Speed, Power</p>	<p>Throw</p> <ul style="list-style-type: none"> • Stance • Release • Angle of Release • Timing <p>Running</p> <ul style="list-style-type: none"> • Leg Action • Head Position • Arm Action • Pacing • Timing <p>Jumping</p> <ul style="list-style-type: none"> • Take off • Acceleration • Momentum • Landing • Arm Action • Lift
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Rules, Tactics and Strategies

- Changing pacing
- Movement pressure
- Identifying weaknesses
- Opponent anticipation
- Knowledge of tactics

Rules of Field Events

- Long jump athletes will run down the runway and jump off the board, off one foot, landing in a sand pit.
- High Jump the athlete jumps off one foot. The athlete cannot do a front flip over the bar.
- Shot Putt is a pushing motion, not a throwing motion.
- Javelin throw is legal only if the tip of the javelin lands within the sector.
- Discus not allowed to touch the top of rim of the throwing circle but can touch the inside edges of it.

Rules of Running Events

- Lanes 100m, 200m and 400m, Athletes must stay in their lanes.
- All distance events will start from a waterfall start. This is a curved line at the start of the race.
- Athletics foot cannot step outside of the track.

Healthy Participation

Please see Healthy Participant SOL

Year 9 Athletics Scheme of Learning

Risk Assessment

- Check equipment, Check area and surface, appropriate footwear, appropriate kit, no chewing gum, long hair tied back, no jewellery, sufficient warm up, teach pupils how to operate tables safely.

Resources

- Stopwatches/measuring equipment.
- Cones
- Visual resources/task cards
- Video/ICT software
- Relay Batons
- Shot
- Javelin

Language for Learning/Key Words/Vocabulary

In addition to the key words and terms documented within the 3 Pillars of Progress.

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Extension and Enrichment

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Cross Curricular Links:

- Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions and healthy lifestyle consequences), Maths (measuring distances, collating data & comparing recordings against other bests)

ICT

- YouTube, Video Analysis

Year 10/11 Athletics Scheme of Learning

Prior Learning: Pupils will have prior knowledge and skills of Athletics from Year 9

Expectations: Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show desire to improve and develop.

3 Pillars of Progress

Motor Competence

<p>Warm Up/Skill Games</p> <ul style="list-style-type: none"> • Space Invaders (Cones) • Bulldogs • Stuck in the mud. • Capture the Flag <p>Ready Position, Speed, Power</p>	<p>Throw</p> <ul style="list-style-type: none"> • Stance • Release • Angle of Release • Timing <p>Running</p> <ul style="list-style-type: none"> • Leg Action • Head Position • Arm Action • Pacing • Timing <p>Jumping</p> <ul style="list-style-type: none"> • Take off • Acceleration • Momentum • Landing • Arm Action • Lift
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Rules, Tactics and Strategies

- Changing pacing
- Movement pressure
- Identifying weaknesses
- Opponent anticipation
- Knowledge of tactics

Rules of Field Events

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Rules of Running Events

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Healthy Participation

Methods of Training

- Continuous Training
- Circuit Training
- Fartlek Training
- Weight Training

Principles of Training

- Specificity
- Progression
- Overload
- Reversibility

Benefits of taking part in Athletics

- Physical
- Social
- Mental

Participation

- Safe participation in Athletics
- Where to participate in Athletics within the community
- Officiating
- Leadership and coaching

Year 10/11 Athletics Scheme of Learning

Risk Assessment

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