

| Learning intentions       | Success criteria  |
|---------------------------|---|
| Introduction to sprinting | I can perform a track start and name 3 important aspects of a sprint  |
| Introduction to shot put  | I can name 3 coaching points for shot put   |
| Introduction to long jump | I can successfully jump into the pit without any faults   |
| Skills                    |   |
| Running<br>Sprinting      | <ul style="list-style-type: none"> <li>○ Drive arms and legs</li> <li>○ Track starts</li> <li>○ Low to high body position</li> <li>○ Control breathing</li> </ul>         |
| Throwing<br>Shot put      | <ul style="list-style-type: none"> <li>○ Clean palm dirty fingers</li> <li>○ Push not a throw</li> <li>○ Low to high body position</li> </ul>                             |
| Jumping<br>Long jump      | <ul style="list-style-type: none"> <li>○ 90% sprint</li> <li>○ Drive arms upwards</li> <li>○ Opposite arm to leg</li> <li>○ Land with legs out in front of you</li> </ul> |

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| <p><b>RULES:</b></p> <p>Listen to teacher at all times</p> <p>Listen to teachers safety talk at the start of every lesson</p> <p>Trainers must be worn at all times</p> <p>Only throw or jump when teacher says safe to do so</p> <p>No jewellery</p> |
| <p><b>Kit</b></p> <p>St Ivo Polo shirt</p> <p>Shorts</p> <p>Trainers</p> <p>No jewellery</p>  |
| <p><b>STRETCH AND CHALLENGE</b></p> <p>Pupils informed about joining St Ives athletics club in order to progress and advance skills further</p> <p>Students also asked to evaluate peers' performance giving strengths and weaknesses</p>             |
| <p><b>LINKS TO WIDER CURRICULUM</b></p> <p>Links to GCSE specification: components of fitness. Speed, Power and strength.</p>   |

| KEY WORDS   |
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| <b>Speed – time taken to cover a set distance</b>   |
| <b>Strength – the muscles ability to exert force against resistance</b>                       |
| <b>Power – strength x speed</b>   |
| <b>Clean palm – holding the shot in the fingers not the palm</b>                              |
| <b>Drive phase – when generating speed out of the block on a sprint</b>                       |
| <b>Flight – the term used to describe the body in motion whilst mid air over the sand pit</b> |



| Learning intentions             | Success criteria  |
|---------------------------------|---|
| Introduction to pace setting    | I can explain what pace setting is and why we do it in a race   |
| Introduction to discus throwing | I can name 3 coaching points for a discus throw   |
| Introduction to triple jump     | I can name 3 coaching points for the triple jump  |
| Skills                          |   |
| Running<br>Middle distance      | <ul style="list-style-type: none"> <li>o Setting a consistent pace</li> <li>o Control breathing</li> <li>o Drive arms and legs</li> </ul>   |
| Throwing<br>Discus              | <ul style="list-style-type: none"> <li>o Flick of the wrist</li> <li>o Low to high body position</li> <li>o Palm facing down</li> <li>o Rotating body</li> <li>o Chin up</li> </ul> |
| Jumping<br>Triple jump          | <ul style="list-style-type: none"> <li>o Sprint to board</li> <li>o Hop, skip and jump</li> <li>o Arms into the air</li> <li>o The sail or hitch kick</li> </ul>                    |

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| <p><b>KEY WORDS</b></p> <p><b>Heart rate – the amount of times the heart beats in a minute</b></p> <p><b>Breathing rate – the amount of breathes taken per minute</b></p> <p><b>Hop skip jump – the process of completing a legal triple jump</b></p> <p><b>Pacing – the ability to control your speed and stamina over a long distance</b></p> <p><b>Low to high – the motion of the body whilst rotating during a discus throw</b></p> |
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| Learning intentions                            | Success criteria  |
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| Develop long distance running and pace setting | I Can complete a competitive long distance run and pace setting drill |
| Develop the javelin throw                      | I Can name 3 coaching points for a javelin                            |
| Introduction to high jump                      | I can name 3 coaching points for high jump                            |

**Skills**

|                          |  |
|--------------------------|--|
| Running<br>Long distance | <ul style="list-style-type: none"> <li>○ Pace setting</li> <li>○ Drive arms and legs</li> <li>○ Control breathing</li> </ul> |
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| Throwing<br>Javelin | <ul style="list-style-type: none"> <li>○ Pencil or bunny ears grip</li> <li>○ Hold above head</li> <li>○ Reach back</li> <li>○ Release over the top of head</li> <li>○ Follow through</li> </ul> |
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| Jumping<br>High jump | <ul style="list-style-type: none"> <li>○ Arched approached</li> <li>○ Scissors kick</li> <li>○ Fosbury flop</li> <li>○ Twist of body</li> <li>○ Take off foot furthest away from bed</li> </ul> |
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St Ivo Polo shirt  
Shorts  
Trainers  
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**STRETCH AND CHALLENGE**  
Pupils informed about joining St Ives athletics club in order to progress and advance skills further

Students also asked to evaluate peers' performance giving strengths and weaknesses

**LINKS TO WIDER CURRICULUM**  
Links to GCSE specification training methods (Interval training, HITT, warm up, cool down and

**KEY WORDS**

**Warm up – preparatory exercises to prepare the body and mind for physical activity. Aims to increase breathing heart rate and muscle temperature**

**Cool down – the act of allowing physiological activity to return to normal gradually after strenuous exercise by engaging in less strenuous exercise.**

**Pencil grip / V-grip – the type of grip used when throwing a javelin**

**Arched approach – the direction of the run on the approach to the landing bed**

