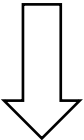
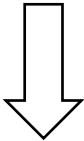
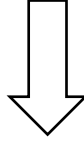


Year:	<i>Athletics (Jumps, Throws, Runs)</i>
<p>Year 7</p> 	<ul style="list-style-type: none"> • Development of Pace • Take off foot • Use of arms for flight • Preparations, grip and angle of release • Starting Position • Arm / Leg Movement • Basic Knowledge of rules
<p>Year 8</p> 	<ul style="list-style-type: none"> • Using pace effectively • Approach to run up and take off • Flight shape • Development of moving when throwing • Start position/Drive phase/Transition • Demonstrate an application of rules
<p>Year 9</p> 	<ul style="list-style-type: none"> • Implementing race tactics to outwit opponents • Landing correctly for a competitive jump • Linking phases together to produce a fluid outcome • Replicate throwing technique in one fluid motion • Linking phases together and apply correct finishing technique. • Use of tactics and strategies within the rules

By the end of year 9, our students can:

Recall – Be able to write about the different athletic events and **Explain** the difference between each discipline including technique. Explanation as to the correct technique needs to be advanced and enables improvements to occur. Students are able to use their own knowledge of the sporting activity and challenge others within a competition. Students then are able to summarise a perfect model of technique and will coach each other demonstrating a leadership role.