

## Y7 Athletics Curriculum Summary

<b>Name of unit</b>	<b>Athletics</b>
<b>Why do we study this unit?</b>	Athletic events allow pupils to develop their technique and improve their performance in other competitive events.
<b>By the end of the unit, students will be able to....</b>	Students will develop a basic understanding of the skills used to participate in athletics. They will learn the skills and techniques surrounding these events.
<b>Links to previous units</b>	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
<b>Key vocabulary</b>	Self - Belief, Power, Technique, Practice, Focus, Practice, Discipline, Motivation, Consistency, Tenacity, Resilience, Communication
<b>Week and summary topic</b>	<b>Knowledge and skills learned</b>
<b>1: Skills</b>	<p><b>Throwing Events</b></p> <ol style="list-style-type: none"> <li>1. Javlin</li> <li>2. Shot Put</li> </ol> <p><b>Sprint Events</b></p> <ol style="list-style-type: none"> <li>1. 100m</li> <li>2. 200m</li> <li>3. Relay</li> </ol> <p><b>Endurance Events</b></p> <ol style="list-style-type: none"> <li>1. 400m</li> <li>2. 800m</li> </ol> <p><b>Jump Events</b></p> <ol style="list-style-type: none"> <li>1. High Jump</li> </ol>
<b>2: Rules</b>	Rules will surround events that are being participated in
<b>3: Fitness</b>	No fitness during athletics
<b>4: Strategy / Tactics</b>	No Strategy or Tactics. Techniques for each individual event will be at focus.

**5: Competition**

Inter House Competitions