

KS4 Athletics Curriculum Summary

Name of unit	Athletics
Why do we study this unit?	Athletic events allow pupils to develop their technique and improve their performance in other competitive events.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used to participate in athletics. They will learn the skills and techniques surrounding these events.
Links to previous units	
Key vocabulary	Self - Belief, Power, Technique, Practice, Focus, Practice, Discipline, Motivation, Consistency, Tenacity, Resilience, Communication
Week and summary topic	Knowledge and skills learned
1: Skill	<ul style="list-style-type: none"> ● Throwing Events: Javelin & Shot Put. ● Sprint Events: 100m, 200m & Relay. ● Endurance Events: 400m & 800m. ● Jumping Events: High Jump.
2: Rules	Safe and effective practice in athletics
4: Strategy / Tactics	Pacing, race phases, drafting
5: Competition	Inter House Competitions