

Learning Programme Year 8 Athletics

Topic/Content	Objectives/Skills	Assessment	Success Criteria (for E/S/D at KS3)	Stretch & Challenge (Thirst for Learning)
Year 8 Athletics	<p><u>Warm Up –</u> To understand the reasons for warming up and stretching at the start of the session. To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Athletics To know the names of major muscles.</p> <hr/> <p><u>Hurdles</u> To know that there are a variety of techniques used when hurdling and be able to explore and examine the efficiency of these different methods. To know that the hurdler’s running should not be interrupted by stuttering when approaching a hurdle and be able to clear a series of repeating hurdles using a modified stride. To be able to perform an effective hurdling technique and use the technique during a short hurdle sprint race. To know competition rules regarding false starts and hurdling</p> <p><u>High Jump</u> To be able to perform the scissors technique from an extended curved run up. To understand why the curved run up is used and know why it is more effective. To be able to use the curved run up to improve on a previous personal best jumping height. To be able to alter the height of the bar and measure the height of successful jumps. To know and understand the correct techniques in approach, take off, flight and landing. To be able to perform the correct techniques in approach, take off, flight and landing. To know and understand the laws that govern the High Jump</p>	<p>Students are assessed against the skills matrix.</p> <p>Assessment through observation of Core skills in isolation and full performance context.</p> <p>Verbal feedback given.</p> <p>Use of demonstrations for key points using pupil exemplars.</p>	<p>See assessment matrix.</p>	<p>Able pupils guided towards specific clubs/teams.</p> <p>Lunchtime practice.</p>

	<p><u>Long Jump</u></p> <p>To understand the importance of speed during the approach run and know that at the point of take off the momentum gained during the run up must be converted to distance in flight.</p> <p>To be able to perform the long jump using an extended run up and leg shoot and use this technique to improve on a previous personal best.</p> <p>To know how jumps are measured and be able to measure the distance jumped by others accurately</p> <p>To know and understand the correct techniques in approach, take off, flight and landing.</p> <p>To be able to perform the correct techniques in approach, take off, flight and landing.</p> <p>To know and understand the laws that govern the Long Jump</p> <p><u>Triple Jump</u></p> <p>To be able to describe the order of the hop, skip and jump.</p> <p>To be able to identify the main similarities and differences between the long jump and the triple jump.</p> <p>To be able to perform a basic though technically correct triple jump from a standing start.</p> <p>To know how jumps are measured and be able to measure the distance jumped by others accurately</p> <p>To know and understand the correct techniques in approach, take off, hop, flight, skip, jump, and landing.</p> <p>To be able to perform the correct techniques in approach, take off, flight and landing.</p> <p>To know and understand the laws that govern the Long Jump.</p> <p><u>Shot Putt</u></p> <p>To understand that distance can be added to the throw by adding a low to high whole body movement, as well as a full follow through.</p> <p>To be able to perform a technically correct putt using an appropriately weighted shot, starting from a semi-crouched position facing away from the direction of the throw and including a ½ rotation of the upper body (Chin-knee-toe).</p>			
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