

Hazel, Pine and Oak

- ❖ Sprinting, including sprint start
- ❖ Long jump
- ❖ High jump
- ❖ Foam javelin throws
- ❖ Shot put and discus throws
(adapted equipment e.g. quoits, balls)
- ❖ Long distance running
- ❖ Triple jump
- ❖ Relays
- ❖ Hurdles
- ❖ Olympics
- ❖ Obstacle course
- ❖ Time keeping
- ❖ Measuring
- ❖ Scoring
- ❖ Supportive role

Term 5 PE: Athletics



Main Learning Intention

- ❖ **For all learners** to explore various athletic events using athletic equipment including adapted equipment.
- ❖ To work on broken down skills required to complete an athletic activity.
- ❖ **For some learners** to build up from isolated skills before attempting to complete more complex athletics activities.
- ❖ To explore the official role timekeeping and measuring distances for the events.
- ❖ To be encouraged to give peers feedback to improve performance.

Optional Home activities:

- ❖ YouTube Athletic Videos
- ❖ BBC iplayer – European games, Olympics, documentaries
- ❖ Visit your local track and take part in an event
- ❖ Engage with your local athletics club