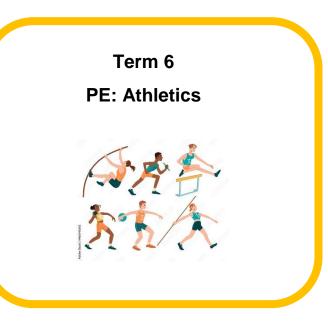
Willows

- 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



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

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.