KS3 Core PE — Unit Title: Athletics

Unit Overview

The athletics unit is studied in Years 7,8 & 9. Over the key stage the content becomes more challenging as students develop and build on their athletic skills.

What your child needs to <u>know</u> and be able to <u>do</u> by the end of this unit of work:

Year 7	Year 8	Year 9
• how to Demonstrate the correct grip and basic sideways stance in Shot Putt. • how to demonstrate the rock, plant, throw and correct hand shape in javelin. • how to demonstrate the basic sideways stance and 180 degree rotation in Discus. • how to show safety considerations when throwing, collecting and carrying the shot putt discus and javelin. • how to use optimum angle of release in throwing events. • how to demonstrate the techniques needed for an accurate sprint start using drive from the blocks and an angled starting position within the 100m and 200m. • how to understand and demonstrate the techniques needed for a successful one to two footed jump using leg and arm drive in the Long jump • how to understand and demonstrate a successful transfer of the baton in the relay using the downwards sweep	• how to find the correct start position for a sprint event • how to use arm and leg drive in the sprint events. • How to lean into the bend for an optimal time in the 200 and 400m. • how to understand the importance of run up in long jump and make it specific to an individual • how to use the shuffle in shot put to increase distance • how to use the Cross overs in Javelin • how to use a spin and aim for a 360 degree turn to help increase power • how to use the upwards sweep in a relay.	• how to, demonstrate head and shoulders movements in the sprints • how to use a finishing dip in the sprints. • How to use the hang in javelin • how to stay low during the glide in shot put to increase power • how to use the run up in javelin • how to use the South African Turn in discuss • how to measure correctly, use of different officials. Line/take off board, technique officials (shot), measurement and recorder official (where it/they landed) use of the middle pull through to measure • know how to receive the baton. • how to follow Rules of the boxes, the cut in and the changeover in 4x400m

The key vocabulary your child needs to understand in order to access this unit of work
• Cut in, 4 x 400m, relaxed drive, the hang, recorder, Acceleration, pace, Drive, generate, lean, power, rotation, shuffle, speed, collaboration, team work, optimum angle, foul, starting blocks, optimum angle