



Topic: PE – Indoor Athletics

Year: 7

NC Strand: Developing technique and improving performance

What should I already know?

- I should be able to demonstrate effective sprinting technique and show endurance when competing against my peers.
- I should be able to demonstrate coordination and generate momentum when performing combination jumps such as the triple jump.
- I should be able to demonstrate muscular explosiveness and agility to develop power when jumping vertically for height.
- Be should to throw long distances by combining momentum, power and effective angle of release.
- I should be able to apply my ‘pull throw’ knowledge to aid my javelin event effectiveness.

What will I know by the end of the unit?

- I will be able to demonstrate effective turning techniques using the reversaboard.
- I will have explored hurdling technique and evaluated my posture.
- I will be able to demonstrate muscular explosiveness and effective balance when performing the standing long jump.
- I will be able to combine momentum, power and effective angle of take off when performing the standing triple jump.
- I will be able to apply my ‘heave throw’ to generate power in various dynamic and static throwing situations.

Vocabulary

Balance	The ability to stay upright or stay in control of body movement,
Reversaboard	The large wooden board that is used to turn sharply during a lap.
Heave Throw	Correct name for an overhead, football style throw in.
Posture	The position of the body during static and dynamic situations.
Control	Maintaining composure and flow throughout an action.
Power	The ability to apply a maximal force in a short time e.g. Pushing off to jump or accelerating to start a sprint race.
Dynamic	Moving.
Static	Stationary.
‘Sockets to pockets’	The arm motion encouraged to develop straight line sprinting speed.
Agility	The ability to move and turn quickly and easily.
Angle of take off	Aim to drive your hips upwards and forwards at a 45 degree angle when jumping for distance.



Topic: PE – Indoor Athletics

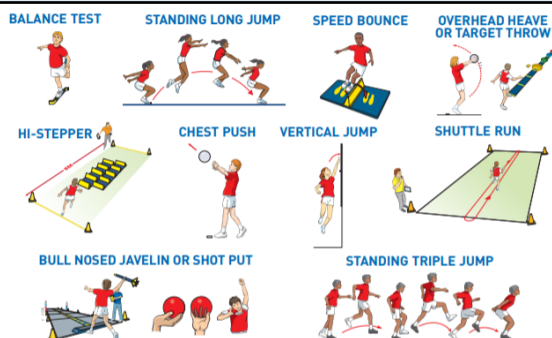
Year: 7

NC Strand: Developing technique and improving performance

Aviva Award Scheme

In Indoor Athletics, we follow the Aviva ‘Secondary sports Hall’ award scheme. In KS2 pupils took part in the primary award of the same format.

Pentathlon Event Outline



PENTATHLON AWARD Pick one event from each section plus any two others

Section A Mobility	Section B Jumps	Section C	
		Throws	Control/ Judgement
Speed Bounce	Standing Long Jump	Chest Push	Balance
Hi-Stepper	Vertical Jump	Bull Nosed Javelin or Shot Put	Overhead Heave or Target Throw
10x10m Shuttle Run	Standing Triple Jump		

Pentathlon Target Scores

Edward Peake Church of England Middle School



Topic: PE – Indoor Athletics

Year: 7

NC Strand: Developing technique and improving performance

GIRLS POINTS	BALANCE TEST 4 X 15 SECS	STANDING LONG JUMP	SPEED BOUNCE 20 SECS	OVERHEAD HEAVE	TARGET THROW	HI-STEPPER 4 X 8M	CHEST PUSH GIRLS 1KG BOYS 2KG	VERTICAL JUMP	SHUTTLE RUN 10 X 10M	BULL NOSED JAVELIN	SHOT GIRLS 2.72KG BOYS 3.25KG	STANDING TRIPLE JUMP	BOYS POINTS
	n/a n/a secs	2cm 1 mtrs	1 no. 1 no.	25cm 2 mtrs	n/a n/a no.	0.1 sec 2 secs	25cm 2 mtrs	1cm 1 cms	0.1 sec 1 secs	1m 2 mtrs	0.25cm 1 mtrs	6cm 1 mtrs	
If your score goes off the table points will be awarded as follows:													
80	-	2.80	80	12.00	-	11.0	11.75	68	24.0	-	12.00	8.00	80
79	-	2.75	79	-	-	11.2	-	67	24.2	28	11.75	7.87	79
78	-	2.70	78	11.75	-	11.4	11.50	66	24.4	-	11.50	7.75	78
77	-	2.65	77	-	-	11.6	-	65	24.6	27	11.25	7.67	77
76	-	2.60	76	11.50	-	11.8	11.25	64	24.8	-	11.00	7.50	76
75	-	2.55	75	-	-	12.0	-	63	25.0	26	10.75	7.37	75
74	-	2.52	74	11.25	-	12.2	11.00	62	25.2	-	10.50	7.25	74
73	-	2.49	73	-	-	12.4	-	61	25.4	25	10.25	7.12	73
72	-	2.46	72	11.00	24	12.5	10.75	-	25.6	-	10.00	7.05	72
71	-	2.43	71	-	-	12.6	-	60	25.8	24	9.75	6.95	71
70	-	2.40	70	10.75	-	12.7	10.50	59	26.0	-	9.50	6.85	70
69	-	2.37	69	-	23	12.8	-	-	26.2	23	9.25	6.75	69
68	-	2.34	68	10.50	-	12.9	10.25	58	26.4	-	9.00	6.65	68
67	-	2.31	67	-	-	13.0	-	57	26.6	-	8.75	6.55	67
66	-	2.28	66	10.25	22	13.1	10.00	-	26.8	22	8.50	6.45	66
65	60	2.25	65	-	-	13.2	9.75	56	27.0	-	8.25	6.36	65
64	59	2.22	64	10.00	-	13.3	9.50	55	27.2	-	8.00	6.28	64
63	58	2.19	63	9.75	21	13.4	-	-	27.4	21	7.75	6.20	63
62	57	2.16	62	-	-	13.5	9.25	54	27.6	-	7.50	6.12	62
61	56	2.13	61	9.50	-	13.6	-	53	27.8	-	7.25	6.04	61
60	55	2.10	60	9.25	20	13.7	9.00	-	28.0	20	7.00	5.96	60
59	54	2.07	59	-	-	13.8	-	52	28.2	-	6.75	5.88	59
58	53	2.04	58	9.00	-	13.9	8.75	51	28.4	-	6.50	5.80	58
57	52	2.01	57	8.75	19	14.0	8.50	-	28.6	19	6.25	5.72	57
56	51	1.98	56	-	-	14.1	8.25	50	28.8	-	6.00	5.64	56
55	50	1.95	55	8.50	-	14.2	8.00	49	29.0	-	-	5.56	55
54	49	1.92	54	8.25	18	14.3	-	48	29.2	18	5.75	5.48	54
53	48	1.89	53	8.00	-	14.4	7.75	47	29.4	-	-	5.40	53
52	47	1.86	52	7.75	-	14.5	7.50	46	29.6	-	5.50	5.34	52
51	46	1.83	51	-	17	14.6	-	45	29.8	17	-	5.28	51
50	45	1.80	50	7.50	-	14.7	7.25	44	30.0	-	5.25	5.22	50
49	44	1.78	49	7.25	-	14.8	7.00	43	30.2	-	-	5.16	49
48	43	1.76	-	-	16	14.9	-	42	30.4	16	5.00	5.10	48
47	42	1.74	48	7.00	-	15.0	6.75	41	30.6	-	-	5.04	47
46	41	1.72	-	6.75	-	15.1	6.50	40	30.8	-	4.75	4.98	46
45	-	1.70	47	-	15	15.2	-	-	31.0	15	-	4.92	45
44	40	1.68	46	6.50	-	15.3	6.25	39	31.2	-	4.50	4.86	44
43	-	1.66	45	-	-	15.4	-	38	31.4	-	-	4.80	43
42	39	1.64	44	6.25	14	15.5	6.00	-	31.6	14	4.25	4.75	42
41	-	1.62	43	-	-	15.6	-	37	31.8	-	-	4.70	41
40	38	1.60	42	6.00	-	15.7	5.75	36	32.0	-	4.00	4.65	40
39	-	1.59	41	-	13	15.8	-	-	32.2	13	-	4.60	39
38	37	1.58	40	5.75	-	15.9	5.50	35	32.4	-	-	4.55	38
37	-	1.57	39	-	-	16.0	-	34	32.6	-	3.75	4.50	37
36	36	1.56	38	5.50	12	16.1	5.25	-	32.8	12	-	4.45	36
35	35	1.55	37	-	-	16.2	-	33	33.0	-	-	4.40	35
34	34	1.54	36	-	-	16.3	-	32	33.2	-	-	4.35	34
33	33	1.53	35	5.25	11	16.4	5.00	-	33.4	11	-	4.30	33



Topic: PE – Indoor Athletics

Year: 7

NC Strand: Developing technique and improving performance

PENTATHLON

Girls Boys

