



Topic: PE – Indoor Athletics

Year: 8

NC Strand: Developing technique and improving performance

What should I already know?

- 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.

What will I know by the end of the unit?

- I will be able to demonstrate effective relay change over techniques.
- I will have performed at maximum levels to develop my fitness and endurance.
- I will be able to basic high jump 'scissor' technique.
- I will begin to develop the scissor action into the 'Fosbury Flop' technique.
- I will be able to apply my 'push action' to generate power during the indoor shot putt event.

Vocabulary

Relay	Team event in indoor athletics.
Change Over	The act of passing the baton to your team mate during a relay.
Endurance	Stamina. The ability to continue running during long distance events
Scissor Jump	A standing vertical jump action used by beginner high jumpers.
Fosbury Flop	A diving action high jump technique. Named after the athlete Dick Fosbury, who changed high jump forever on October 20 th 1968. He was the first to use the flop technique in a competition where a 'western roll' action was common place.
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.
Approach	The run up phase of a jump.
Double arm take off	Driving two arms in the air in a 'gathering' motion.
Single arm take off	The arm motion encouraged to initiate a roll, flop or dive when high jumping.
Angle of release	Aim to release the javelin or shot with your throwing arm at 45 degrees.
Angle of take off	Aim to drive your hips upwards and forwards at a 45 degree angle when jumping for distance.



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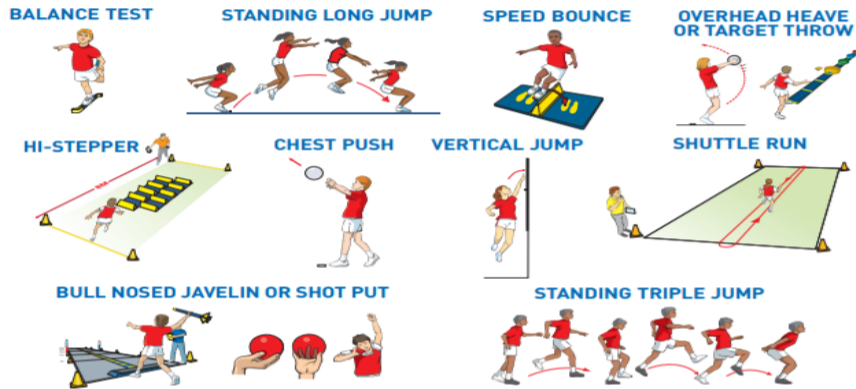
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Aviva Award Scheme

In Indoor Athletics, we follow the Aviva ‘Secondary Sports Hall’ award scheme to supplement the indoor athletics event calendar. In year 7 pupils took part in the pentathlon award, during year 8, the additional events to form the decathlon are studied.

Decathlon Events



Decathlon Target Scores

Edward Peake Church of England Middle School



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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	
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

DECATHLON

Girls Boys

GOLD	
510	540
SILVER	
470	490
BRONZE	
420	440
STEP 10	
380	400
STEP 9	
340	360
STEP 8	
300	320
STEP 7	
260	280
STEP 6	
210	220
STEP 5	
180	190
STEP 4	
150	150
STEP 3	
100	100