



Topic: PE – Athletics

Year: 7

NC Strand: analysing performance' and 'competitive sports.'

What should I already know?

At the beginning of this unit, pupils should already know:

- The basic running technique for sprinting events.
- Understand the basic technique on how to throw a javelin from the year 6 unit with foam javelins.
- Have basic understanding of the correct terminology used to explain the different event techniques.
- Pupils should already know the basic techniques for long jump and high jump.
- Pupils should already know and have the basic skills on how to time, record and score for peers.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

-Track

What the correct running techniques are for short and long distance running.

- Should know how to be as aerodynamic as possible at the start of a sprint.
- should know the safety aspect of running on different surfaces.
- Should know and have experience timing and recording peers times in a range of running events.
- Should know what the T-start is and how to demonstrate the technique at the start of a sprinting event.
- Have basic understanding of baton handovers for relay races.

Field

Should know the importance of safety when throwing Javelin, shot and discuss.

- Be able to demonstrate the correct techniques for the three different throwing events.
- Should know the basic technique for long jump and high jump
- Be able to demonstrate basic knowledge and understanding of how the fosbee is conducted in the high jump.



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- Should know how to correctly measure and record scores in different field events.

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Vocabulary

Triple Jump	a track and field jumping event with three distinct phases to the jump including a hop, a step, and a jump.
Sprint	a short running race where acceleration and top speed are important.
Shot put	a field throwing event where a heavy ball is thrown for distance.
Long Jump	jumping event where athletes compete for the longest jump in distance.
Javelin	a track and field throwing event where a spear-like javelin is thrown for distance.
Hurdle	an obstacle in a race that runners must jump or clear while running.
High Jump	a track and field jumping event. Athletes must clear a high bar without knocking it over by jumping.
Discus	a throwing event in track and field where a metal discus is thrown for distance.
Fosbury Flop	a technique used in the high jump where the jumper's goes head first over the bar with their back toward the bar when going over it.



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Safety aspects for Athletics

Track events

Athletes wearing appropriate clothing and shoes - jewellery removed or protected (studs).
Be conscious that grass and synthetic surfaces become slippery in wet conditions

Throwing events

Cage is safe and cage doors appropriately set

Discus, Shot, Hammer throwing circles are dry and clear of foreign objects

Check equipment is safe to be thrown.

Never stand in front of the thrower

Never stand in the cage with a thrower

Never throw towards anyone - therefore the thrower must look to ensure that the landing area is clear before throwing

Never run with a javelin or run to collect it

Always carry javelins vertically, point down in front of you

Always push the javelin into a vertical position, then pull it vertically from the ground

Teacher Led drills

Sprinting

Drive phase - 'A' position

When you are in the drive phase you have the leg that is in contact with the ground in triple extension: hip, knee and ankle all extended upwards. The other leg will have all of those joints positioned at 90 degrees: hip, knee and ankle.

Ideas for drills that practise this action:

1. **Walking 'A' drills.** Mark out a 20 - 30 metre lane. Begin in the 'A' position, try to hold it for 2 - 3 seconds (this will help improve your balance), walk forwards and balance in that position on the other leg, continue for 20 - 30 metres. Body check - do you have a 90-degree angle at the ankle, knee and hip? Make sure your toes are pointed up towards your shin.
2. **'A' skips** . Skip along the same distance. Body check - as for the walking drills - 90 degrees at hip, knee and ankle, toes pointed up towards your shins, chest up, head up, look towards the horizon.
3. **Fast feet.** You can break this drill into two parts: mark out 10 metres and a further 50 metres. Start in the 'A' position and then begin running with very fast feet but hardly moving forwards for 10 metres. You



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should be working hard, taking very fast but very small steps. When you reach the 10 metre mark you should transition into a fast run with longer strides.



Javelin walking approach

So now we are going to build up the run-up and the starting point is three steps. The very first stage is a 1, 2, 3 rhythm.

- The thrower starts with their feet together.
- Starting with the left foot for a right-handed thrower.
- The Javelin should be held back and high as you walk forward.
- Drive the outside heel up at the point of throw.

The heel goes up and out which takes the hips forward and starts to bring the body into the throw. Relax the arm and work off the legs with the 1, 2, 3 step rhythm.

Shot

Holding the shot put

The shot is held at the base of the fingers, not the palm.

The fingers are slightly spread apart with the thumb for support.

The hand will be bent back in the cocked position when holding the shot. It looks like you are carrying a pizza.

2. Neck placement

Raise the shot above your head.

Lower the shot straight down until it is under your jaw.

Push the shot into your neck.

Lift your elbow parallel to the floor. Don't squeeze your elbow towards your back.

Check to see that your thumb is pointing down towards your clavicle.



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The palm should be pointing towards the throwing direction.

