Athletics Learning Journey: Year 10



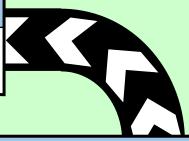
Step 7: High Jump

Develop Fosbury flop. Competition, rules and measuring.



Step 6: Hurdles

Introduce hurdles and technique. Basic 100m hurdle racing.



Step 3: Middle distance Running

Full 1500m race with running technique and tactic start and finish.



Discus throw technique. Look to add rotational spin. With rules of measuring and competition rules.



Step 5: Javelin

Introduce javelin throwing. Basic technique and rules of competition.

Step 2: Relay racing

100m and 400m. Full relay races with correct baton passing technique – hand placement and receiving it at pace.



Step 1: Sprinting

Advanced sprinting technique with correct start position. 100m and 200m.













