# **Athletics Learning Journey: Year 7**



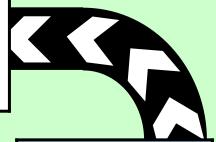
## Step 7: High Jump

Introduction to high jump scissor technique. Competition, rules and measuring.



## Step 6: Triple jump

Introduction to triple jump, focusing on the 3 phases of hop, skip, jump. Safety/rules using the sand pit/take off board.



# Step 3: Middle distance Running

Introduction to 800m running. Running technique. 800m races.



#### Step 4: Long Jump

Introduction and basic long jump technique, focus on correct take off foot. Safety/rules using the sand pit/take off board.



## Step 5: Shot Putt

Introduction to shot putt technique using indoor shots for learning. Static push shot throw.



Relay races with technique on how to receive the baton.(Introduce downsweep and upwards sweep). 100m relay race technique – order of runners.



### Step 1: Sprinting

Sprinting/running technique for 100m, 200m, 400m races. Standing start.





