Athletics Learning Journey: Year 8

Step 1: Sprinting

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

Step 2: Relay racing

Develop Relay race techniques on how to receive the baton. Focus on receiving the baton at pace/moving start.

Step 3: Middle distance Running

Develop 800m/1500m running. Running technique. 800m races or 1500m.

Step 4: Long Jump

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

Step 5: Shot Putt

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

Step 6: Triple jump

Develop triple jump, focusing on run up.

Step 7: High Jump

Develop high jump scissor technique. Competition, rules and measuring.

Achievement resilience SHUTTLEWORTH COLLEGE Community PERSEVERANCE Pride