

Athletics

Each Athletics lesson follows the format below:

Lesson format

- The warmup
- Skill development
- Challenge
- Warm-down

Skills

The teaching skills of athletics are divided into the following categories:

- Walking, running and over obstacles
- Jumping for height and length
- Throwing
- Organisation of space
- The effects and benefits of a Healthy lifestyle
- Fitness and health
 - Why do we need to warm up?
 - Why do we need to cool down?

Scheme

Each unit is divided into between 4 and 6 lessons, based on 60min sessions

Year	Unit 1	Unit 2
1	Athletics 1 <ul style="list-style-type: none">• Island hopping• Change the map• Pick-up relay & reverse• Underarm throwing- fling throw• Rabbit relay- hopping• Push throw• Slalom run	Athletics 2 <ul style="list-style-type: none">• Running style• Space travel• Exploring take-off positions• Pick-up relay with a skip• The pull throw• Aiming different equipment and distances• The pivot turn• In and out• Underarm release- high and low• Bean-bag slalom
2	Athletics 1 <ul style="list-style-type: none">• Push throw• The wheel• Running style• Over/under -with and without a ball• Bronze, silver & gold• How far• Paced running• Step over• Jump-rope• Jiggle and jump• Push-bounce in two's• Bounce relay	Athletics 2 <ul style="list-style-type: none">• Push-bounce ball in two's• Tadpoles• Sprinting- which is best?• Sidewinder• Throwing for distance• Planet hopping• Even jumps/ paces• Beanbag and hoop hurdle• Take-off and landing practice• Jump to-it

