



Year 7 Indoor Athletics Learning Journey



Equipment needed

- Turn boards
- Javelin
- Shot put
- Speed Bounce
- Measuring Tape

Reminders

- We will be inside for these lessons.
- You may do these sports in a different order to what is shown below

| <u>Lesson</u> | <u>Topic</u> |
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| <u>Lesson 1</u> | Baseline Assessment |
| <u>Lesson 2</u> | Turn boards and Sprinting Effective use of turn boards when sprinting. |
| <u>Lesson 3</u> | Sprinting and Obstacle Relay Apply sprinting skills to the obstacle relay. |
| <u>Lesson 4</u> | Endurance Running Look at endurance running technique. |
| <u>Lesson 5</u> | Standing Jumps Look at vertical and standing long jump. |
| <u>Lesson 6</u> | Static Throwing Look at shot put and javelin. |
| <u>Lesson 7</u> | Circuit session including speed bounce Apply all skills learnt to a circuit. |
| <u>Lesson 8</u> | Assessment |

Keywords

Obstacle

Endurance

Circuit

Effective