



# Year 8 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>
<u>Lesson 1</u>	<b>Speed Running Techniques</b>  Sprinting technique including turn boards.
<u>Lesson 2</u>	<b>Relays</b>  Baton change over.
<u>Lesson 3</u>	<b>Endurance running</b>  Longer distance running technique and pacing.
<u>Lesson 4</u>	<b>Dynamic throwing technique</b>  Javelin and Shot Put
<u>Lesson 5</u>	<b>Dynamic Jumping technique</b>  Long jump, vertical jump and speed bounce
<u>Lesson 6</u>	<b>Circuit session</b>  Apply all skills learnt to a circuit.

## Keywords

Techniques	Relay	Endurance	Dynamic
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