



Year 8 Athletics Learning Journey



Equipment needed

- Shot puts, Javelin, Discuss
- Blocks, batons
- Cones, stopwatch, measuring tape

Reminders

- We will be outside, and it may be sunny – bring suncream and a cap.
- These will not be taught in the below order.

<u>Lesson</u>	<u>Topic</u>
<u>Topic 1</u>	Triple Jump Linking the three phases.
<u>Topic 2</u>	Long Jump Accelerating before take off.
<u>Topic 3</u>	Sprint technique Focus on leg drive and weight distribution.
<u>Topic 4</u>	Relay Correct hand position with changeover.
<u>Topic 5</u>	Javelin Weight transfer and follow through.
<u>Topic 6</u>	Discuss Focus on hip swing and shoulder stability.
<u>Topic 7</u>	Shot Put Explosive movements

Keywords

Accelerate

Distribution

Explosive

Weight
transfer

Follow
through

