



Year 7 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 Focus on the three phases of the triple jump.
<u>Topic 2</u>	Long Jump Focus on getting more power in the jump.
<u>Topic 3</u>	Sprint technique How to accelerate effectively.
<u>Topic 4</u>	Relay Focus on how to have a smooth changeover.
<u>Topic 5</u>	Javelin Correct technique and release angle
<u>Topic 6</u>	Discuss Hands and finger position on the discuss.
<u>Topic 7</u>	Shot Put Focus on the correct release technique.

Keywords

Accelerate

Changeover

Release