



Year 9 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 How to create maximum speed.
<u>Topic 2</u>	Long Jump How to maximise distance.
<u>Topic 3</u>	Sprint technique Running on a bend.
<u>Topic 4</u>	Relay Box changeover.
<u>Topic 5</u>	Javelin Maintaining the correct release technique.
<u>Topic 6</u>	Discuss Maintaining the correct release technique.
<u>Topic 7</u>	Shot Put Including step movement.

Keywords

Maximise

Changeover

Maintain

Release

Technique