

PE- Athletics.



Athletics

Races

Replay

Long jump

High jump

Triple jump

Shot put

Javelin

Hurdles

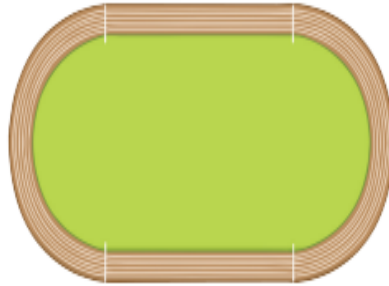
Sprint

Cross country

Exertion

Energy

By the end of this unit you will have designed pizza to serve in the school kitchen. You will be researching cost of ingredients compared to what the product will sell for and look at the nutritional values of our food.

Key Skills		Scoring	Physical Fitness	Pitch
Skill	Description	Timed: running, relays and hurdles. Measured: jumps and throws.	<ul style="list-style-type: none"> • coordination; • reaction time; • strength; • speed; • flexibility; • timing. 	<p>This area consists of an oval-shaped running track which has a grass field in the middle where throwing and jumping events can take place.</p> 
running	An action to move quickly with the correct technique using arms and legs as effectively as possible.	Tactical Skills		
throwing	The ability to propel an object through the air as far as possible.	<ul style="list-style-type: none"> • decision making • team work in relays 		
jumping	The technique to propel the body into the air to either cover distance, height, or both.			
Equipment		Common Fouls		
<ul style="list-style-type: none"> • running track; • discus; • shot; • javelin; • high jump; • long jump pit; • hurdles; • relay baton. 		<ul style="list-style-type: none"> • false start; • crossing over the lanes; • stepping over the throw/jump line; • knocking the bar off in high jump; • a no-throw; • dropping the baton. 		



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Year Four

By the end of this unit you will have designed pizza to serve in the school kitchen. You will be researching cost of ingredients compared to what the product will sell for and look at the nutritional values of our food.

	Lesson Outcome	What you will learn	Learning Review
1	What different ways can we throw?	You will learning the different ways to throw in athletics including, underarm, overarm, pushing, pulling and slinging.	
2	What different ways can we jump?	You will learn how to jump in different ways looking at long up, triple jump and high jump.	
3	What do I need to do to run for distance?	You will look at the different things you need to change based on the distance in which you are required to run.	
4	What effort is needed to run different distances?	You will explore the different levels of exertion needed to run races of different lengths.	
5	Mini Olympic games.	You will apply all of the skills learned in this unit of work and have a mini Olympic games, competing in small teams.	