

Physical Education - Athletics 2023

<p>Curriculum intent:</p>	<p>Physical Education at North Ridge High School should contribute to pupils' physical, cognitive, social and emotional development, as well as playing an important role in their spiritual, moral and cultural development.</p> <p>The P.E. curriculum is broad and balanced so as to increase pupils' self-confidence in their ability to manage themselves and their bodies within a range of movement situations. Through a variety of individual, paired and group activities, the different strengths, needs and preferences of each pupil will be catered for using differentiated physical activities. All pupils will be provided with the opportunity to move, be active, develop skills and improve communication and self-esteem. Additionally, through providing positive experiences within the P.E. curriculum, a lifelong interest in physical activity is encouraged.</p>
<p>End of KS3 intent/outcome</p>	
<p>By the end of KS3, pupils will understand and have experienced a range of track and field events. Pupils will understand the importance of health and safety rules during different events, and follow these. Pupils will know how to hold/use different equipment needed for the different events and understand the different techniques required to produce their best performance. Pupils will develop an understanding of how to compete against others in both track and field events. Pupils will develop their teamwork skills when working in small groups eg, 1 throwing, 1 measuring, 1 recording.</p>	
<p>Intent for topic:</p>	<p>This unit of study gives pupils the opportunity to engage with activities which develop speed, endurance, power and hand-eye co-ordination. Pupils will experience both track and field events which will enable them to develop their skill and understanding of what the event is, how to compete, how to use correct technique and understand concepts during different events eg, 100m = sprint or 800m = pacing. All events will be differentiated to enable pupils to take part in every event alongside their peers. Pupils will start to develop their strength and power in field events and their speed and endurance in track events. Hand-eye co-ordination will be developed in both codes eg, baton change over (track) and javelin (field). Pupils will also develop their ability to score, measure and time their peers accurately during events. Pupils will develop their knowledge and understanding on tactical awareness during long distance running events. Pupils will also understand the importance of following health and safety rules and understand the danger if they do not follow these rules. Teamwork, communication and leadership skills will also be developed which can be transferred into other subject areas.</p>
<p>Key vocabulary for subject:</p>	<p>Warm-up, stretch, prepare, movement, fitness, competition, cool-down</p>
<p>Key vocabulary for this topic:</p>	<p>Athletics, field events, track events, throw, run, jump, hurdles, metres, shot-putt, discus, javelin, high jump, long jump, measure, time, stopwatch, fastest, furthest, highest, longest.</p>
<p>RRSA:</p> <ul style="list-style-type: none"> • I have the right to play, have fun, do sport and relax; and I should include everybody in my activities and games. <ul style="list-style-type: none"> • I have the right to a good quality education. • I have the right to try new things. 	

Key Knowledge Concepts	OUP8	OU Step 1	OU Step 2	OU Step 3	OU Step 4
	<p>Pupils are able to identify the correct equipment for 3 field events</p> <p>Pupils can follow the safety rules of throwing events</p> <p>Pupils are able identify the major body parts used in at least 1 track or field event</p> <p>Pupils can recognise changes to their body after participating in a track event e.g. being hot and breathing heavy</p> <p>Pupils show an awareness of the movement and direction of others and can follow</p>	<p>Pupils are able to explain at least one safety rule in throwing events</p> <p>Pupils can state at least one change they could do to improve their performance</p> <p>Pupils are able to explain that different races require a different speed of travelling</p> <p>Pupils can state at least one change they could do to improve their performance.</p>	<p>Pupils are able to analyse a throw using key words and verbal prompts with staff support</p> <p>Pupils are able to use key words from a given selection to discuss the difference between sprinting and distance running</p> <p>Pupils are able to suggest ways to make their performance better and give feedback to other students to improve theirs using demonstrations and/or video analysis</p>	<p>Pupils are able to explain why they need to improve their performance eg, increase distance thrown or decrease time taken to run 100m</p> <p>Pupils are able to use video clips to analyse a performance, suggesting strength and areas of development for themselves and others</p> <p>Pupils are able to analyse a performance, suggesting strength and areas of development for self and others.</p> <p>Pupils are aware of the different race styles for track events and is beginning to apply knowledge of this during competitive races e.g. distance vs speed, maintain effort levels</p>	<p>Pupils show an understanding of the rules of field events and is able to support the scoring and/or measuring of these events</p> <p>Pupils are able to plan and carry out a simple training schedule for improved performance in field events</p> <p>Pupils are able to evaluate and improve own and others training schedule to further improve performance</p> <p>Pupils can apply body mechanic principles to all events e.g. the distance between hurdles and stride</p> <p>Pupils are able to understand and apply the rules of track events and act as an official</p> <p>Pupils can plan and carry out a simple training schedule for a specific event designed to improve performance over time</p> <p>Pupils are able to evaluate and improve own and others training schedule to further improve performance</p>

Key Skill Concepts	P8	Step 1	Step 2	Step 3	Step 4
	<p>Pupils can use their own throwing technique to send equipment a short distance towards a target using own style</p> <p>Pupils are able to perform a two footed long jump or can use a one push momentum puss on their wheelchair to record a distance</p> <p>Pupils can travel a short distance at a controlled speed.</p> <p>Pupils are able to travel a short distance in a controlled direction</p> <p>Pupils are able to start a race on instruction</p>	<p>Pupils can watch teacher modelling and use skill development to send different pieces of equipment</p> <p>Pupils can perform a 2-footed jump/step/wheelchair push</p> <p>Pupils are able to perform each step of the triple jump phases in isolation</p> <p>Pupils are able to clear a low obstacle while travelling slowly e.g. jump or step over a hurdle, move around an obstacle</p> <p>Pupils can travel over a short distance maintaining their speed</p> <p>Pupils can perform a basic stationary relay change over</p>	<p>Pupils are able perform a javelin throw action, using the correct stance and body position</p> <p>Pupils can recognise and use the take off line for long / triple jump/ long step/ wheelchair push</p> <p>Pupils are able to clear a low high jump bar</p> <p>Pupils can use the correct shot put release action</p> <p>Pupils are able to travel for at least two minutes in a long distance track event without rest</p> <p>Pupils are able to clear an obstacle at an increased speed e.g. jogging over hurdles, navigating an obstacle course when travelling at speed</p> <p>Pupils can watch teacher modelling and perform a basic moving relay change over</p>	<p>Pupils are able to demonstrate the correct technique for shot putt and javelin using adapted equipment and run up/body action.</p> <p>Pupils can perform a long jump action/wheelchair push from the correct take off board</p> <p>Pupils can demonstrate the correct throwing technique for discus using adapted equipment</p> <p>Pupils are able to prepare and undertake a sprint start and is aware of the appropriate technique e.g. hands ready on wheelchair, T/L/Knee technique for running start</p> <p>Pupils are able to perform a relay change over using a suitable change over technique</p> <p>Pupils are able to participate in a competitive team event e.g. relay</p>	<p>Pupils can incorporate a long run up with the correct javelin release and technique</p> <p>Pupils can perform each step of the triple jump and link all three phases together</p> <p>Pupils can to use the correct technique for a relay change over at speed</p>

Key Sports	Suggested Learning Activities – Adapted into games and differentiated for pupil need where applicable
<u>Track</u> 100m 200m 300m F / 400m M 800m 1500m Hurdles Relay	<ul style="list-style-type: none"> • Simple reaction type games (eg, cone grab, bib drop) to develop reaction times in relation to the start of sprints • Development of running speeds eg, 3 cone speed slow, medium, fast • Jumping and landing activities which can be transferred into hurdles • Teamwork games to develop communication eg, overhead/under legs, equipment grab etc... • Activities linked to Components of Fitness (Speed, Strength, Agility, Co-Ordination, Balance, Flexibility & Endurance) • Small sprinting activities (5m, 10m 20m & 30m) to work on building up speed and importance of reacting • Team Relay races to incorporate carrying an object (linked to baton) when running/moving
<u>Field</u> Javelin Discus Shot Put Long Jump/Triple Jump/High Jump	<ul style="list-style-type: none"> • Practice holding and using equipment with correct technique using differentiated weights and objects • Small adapted teacher led games (eg, simon says) to incorporate listening and following instructions • Throwing activities to develop technique of sending an object towards a desired direction • Incorporate gym sessions (when possible) to explain how to train for increased power output • Short power based activities (For example, static high jump....) to understand basic power output • Small jumping activities to help pupils to understand how to jump using their bodies and how to land safely

Online Resources

Athletics

<https://www.englandathletics.org/young-athletes-and-schools/athletics-365/>

<https://www.englandathletics.org/coaching/development/disability-athletics-resources/>

<https://www.sasp.co.uk/uploads/athletics-year-5-6.pdf>

<https://www.youtube.com/watch?v=cycQCK8w1-o> (20 fun PE activities)