

Curriculum Overview: Athletics

Term / Length of Unit	Outline	Assessment	Resources	Knowledge/Skills End Points	Assessment End Point	Reading and Literacy
Year 7 (8-10 lessons)	In this unit pupils will accurately replicate running, jumping and throwing skills for events in order to improve performances. Will explore variations in technique and use the information to become more technically proficient. Pupils will engage in performing and improving personal bests in relation to speed, height and distances.	Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 15* in year 7. *Exceptional students may exceed this mark after consultation with other department members.	<ul style="list-style-type: none"> ➤ Recording sheets ➤ Stopwatches/measuring equipment. ➤ Cones ➤ Video/ICT playback devices ➤ Relay batons ➤ Shot – 2.72/3kg ➤ Javelin – 400g ➤ Discus – 750g/1kg Other equipment for individual lessons	Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in own and others' performance. Assessment for learning will be achieved through the use of worksheet or peer feedback. Success criteria will also be conveyed through modelling.	Demonstrate and replicate the core skills of running, jumping and throwing in a variety of athletic events.	Subject Specific Words: <ul style="list-style-type: none"> - Athletic Events - Running - Jumping - Throwing Academic vocabulary: <ul style="list-style-type: none"> - Core Skills - Technique - Muscle Tension - Control - Performance - Measurements Reading Strategy: <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance
Year 8 (8-10 lessons)	In this unit, pupils will begin to use knowledge of athletics events, strategies and techniques to develop and enhance replication and performance. Pupils develop their understanding of fitness and its relationship to performance. Pupils will perform and improve core	Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 20* in year 8. *Exceptional	<ul style="list-style-type: none"> ➤ Recording sheets ➤ Stopwatches/measuring equipment. ➤ Cones ➤ Video/ICT playback devices ➤ Relay batons ➤ Shot – 3/4kg ➤ Javelin – 400/500g ➤ Discus – 1/1.25kg Other equipment for individual lessons	Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in own and others' performance. Assessment for learning will be achieved through the use of worksheet or peer feedback. Success criteria will also be conveyed through modelling.	Accurately replicate techniques to achieve outcomes in a variety of running, jumping and throwing events.	Subject Specific Words: <ul style="list-style-type: none"> - Sprint starts - Pacing - Push, pull and swing throws - High to low movement - Run-up, take-off, flight, landing - Change-overs

	skills and personal/team bests in relation to speed, height, distance and accuracy. Develop confidence in movement and challenge mental capacity.	<i>students may exceed this mark after consultation with other department members.</i>		Pupils will be able to use information gained from analysis of performance to influence and improve their own technique.		Academic vocabulary: <ul style="list-style-type: none"> - Technique - Fluency - Performance - Measurements - Rules & Regulations - Power, Speed, Reaction Time, CV Fitness Reading Strategy: <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance
Year 9 (8-10 lessons)	In this unit, pupils will further enhance replication and performance across all disciplines. Pupils to gain a more detailed understanding of fitness and its effect on performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions. Pupils will perform core skills and record personal/collective bests. Pupil will develop knowledge of the	Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 25* in year 9. *Exceptional students may exceed this mark after consultation with other department members.	<ul style="list-style-type: none"> ➤ Recording sheets ➤ Stopwatches/measuring equipment. ➤ Cones ➤ Video/ICT playback devices ➤ Relay batons ➤ Shot – 5/6kg ➤ Javelin – 500/600g ➤ Discus – 1/1.25kg Other equipment for individual lessons	Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in own and others' performance. Assessment for learning will be achieved through the use of worksheet or peer feedback. Success criteria will also be conveyed through modelling. Pupils will be able to use information gained from analysis of performance to influence and improve techniques. (Peer coaching)		Subject Specific Words: <ul style="list-style-type: none"> - Race splits - Technical adjustments - Shot shuffle/glide - Discus swing - Javelin Crossovers - HJ Fosbury Flop Academic vocabulary: <ul style="list-style-type: none"> - Technical Adjustment - Muscle Tension - Control - Fluency - Performance - Measurements

	immediate effects of exercise and physically exert themselves throughout.					<ul style="list-style-type: none"> - Rules & Regulations - Power, Speed, Reaction Time, CV Fitness - Heart Rate <p>Reading Strategy:</p> <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance
Year 10	In this unit, pupils will further enhance replication and performance across all disciplines. Pupils to gain a more detailed understanding of fitness and its effect on performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions. Pupils will perform core skills and record personal/collective bests. Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.	Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block.	<ul style="list-style-type: none"> ➤ Recording sheets ➤ Stopwatches/measuring equipment. ➤ Cones ➤ Video/ICT playback devices ➤ Relay batons ➤ Shot – 3/5kg ➤ Javelin – 500/700g ➤ Discus – 1/1.5kg <p>Other equipment for individual lessons</p>	<p>Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in own and others' performance. Assessment for learning will be achieved through the use of worksheet or peer feedback. Success criteria will also be conveyed through modelling.</p> <p>Pupils will be able to use information gained from analysis of performance to influence and improve techniques. (Peer coaching)</p>	GCSE PE Exam specification	<p>Subject Specific Words:</p> <ul style="list-style-type: none"> - Race splits - Technical adjustments - Shot shuffle/glide - Discus swing - Javelin Crossovers - HJ Fosbury Flop <p>Academic vocabulary:</p> <ul style="list-style-type: none"> - Technical Adjustment - Muscle Tension - Control - Fluency - Performance - Measurements - Rules & Regulations - Power, Speed, Reaction Time, CV Fitness - Heart Rate

						Reading Strategy: <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance
Year 11	<p>In this unit, pupils will further enhance replication and performance across all disciplines. Pupils to gain a more detailed understanding of fitness and its effect on performance. Pupils will focus on planning, preparing for and competing in a range of athletic competitions. Pupils will perform core skills and record personal/collective bests. Pupil will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p>	<p>Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block.</p>	<ul style="list-style-type: none"> ➤ Recording sheets ➤ Stopwatches/measuring equipment. ➤ Cones ➤ Video/ICT playback devices ➤ Relay batons ➤ Shot – 3/5kg ➤ Javelin – 500/700g ➤ Discus – 1/1.5kg <p>Other equipment for individual lessons</p>	<p>Pupils will gain knowledge of the nature of athletic activities and make effective evaluations of strength and weaknesses in own and others' performance. Assessment for learning will be achieved through the use of worksheet or peer feedback. Success criteria will also be conveyed through modelling.</p> <p>Pupils will be able to use information gained from analysis of performance to influence and improve techniques. (Peer coaching)</p>	GCSE PE Exam specification	Subject Specific Words: <ul style="list-style-type: none"> - Race splits - Technical adjustments - Shot shuffle/glide - Discus swing - Javelin Crossovers - HJ Fosbury Flop Academic vocabulary: <ul style="list-style-type: none"> - Technical Adjustment - Muscle Tension - Control - Fluency - Performance - Measurements - Rules & Regulations - Power, Speed, Reaction Time, CV - Fitness - Heart Rate Reading Strategy: <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning

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