

Year 9 Topic Overview – Athletics

Know it!

	Knowledge	Date
	I can demonstrate how a relay team exchanges the baton in a 4 x 100m relay.	
	I can demonstrate the Shift and Kick Hop for Shot Putt.	
	I can show how to measure my long jump run up for a 11/13 step run up.	
	I can demonstrate the changing stride length for the run up in high jump.	
	I can complete and time a 10 minute run.	
	I can use the Pilton/ESAA Athletics Standards cards to measure my performance.	
	I can work with a partner to measure/predict time taken to sprint 5m, 10m, 20m, 40m, 100m.	
	I can work with a partner to measure/predict time taken, using pacing, to run 100m, 200m, 400m and 800m.	
	I can show how to use pacing to complete a lap of the track.	
	I can take part in a competitive athletic event.	

Prove it!

Head – Analysis	I can identify problems with techniques and can apply teaching points to correct these mistakes.	
Heart – Effort	I often inspire others to participate and progress in sporting activity.	
Hands – Fitness levels	I can complete a 10 minute run.	

Link it!

I can transfer skills and understanding from one athletics event to another.
I can transfer aspects of analysis, effort and fitness level development from one activity to another.
Resilience is a Pilton School Value, this requires effort to be successful.
I am aware of further opportunities to be physically involved in athletics outside of lessons.

Say it!

Vocabulary	
Kick Hop	I use the kick hop technique in the shot putt event.
Predict	I can predict how long it will take me to run 400m at a steady pace.
Pacing	Pacing is running at the same speed over a long distance.
Pigeon steps	I know how to use pigeon steps to mark out my relay changeover.
Stance	When I take part in a throwing event I need to learn the correct stance .
Grip	Grip is how I hold the shot putt & javelin.
Measure	I measure the distance to see how far I have thrown the javelin & shot putt.
Fosbury Flop	The Fosbury Flop was named after Richard Fosbury.
Hang technique	I use the hang technique in long jump.
Hop – Step - Jump	I need to learn the hop – step – jump for triple jump.
Analysis	I analyse my own and others performance to make improvements.
Effort	Training for athletics requires effort to be successful.
Fitness levels	I can demonstrate my fitness levels by completing a 5 minute run.