











Year 10 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 how to run the 100m, 200, 300m/400m, 800m & 1500m.	
	I can demonstrate how to compete in the long, high and triple jump events.	
	I can demonstrate how to compete in the shot putt and javelin events.	
	I can complete and time a 10 minute run.	
	I can use the Athletics Standards cards to measure my performance against Pilton/ESAA standards.	
	I can work with the group to run an athletics competition.	
	I can officiate all track & field events.	
	I can show how to use pacing in the different track events.	
	I can take part in a competitive athletic multi-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	
Relay team	I can organise my relay team in the correct order.
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 .
No throw	I understand a no throw in a field event.
Measure	I measure the distance to see how far I have thrown the javelin & shot putt.
Fosbury Flop	Fosbury Flop was named after Richard Fosbury, he invented the technique.
Hang technique	I use the hang technique in long jump.
Phases	I understand the different phases of the 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 10 minute run.