

**Recap: What do we know about Athletics?**

**Lesson 1/6**

# **To develop speed, agility and quickness drills**

## **Success Criteria**

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### **To be able to:**

- Change direction quickly**
- Work on being more agile when running and turning**
- Start to understand the correct footwork needed when running**
- Complete the Edstart Champions 20m agility test and speed bounce**

**Recap: To develop speed, agility and quickness drills**

**Lesson 2/6**

# **To develop the sprint technique from a starting position**

## **Success Criteria**

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### **To be able to:**

- Know how to sprint start**
- Understand to run flat out all the way across the finish line**
- Slightly lean their body forward when they run, while swinging their arms in a straight line from the shoulder**
- Complete the Edstart Champions 100m, 200m sprint and sit and reach test**

**Recap: To develop the sprint technique from a starting position**

**Lesson 3/6**

# **To develop throwing small pieces of athletic equipment for distance**

## **Success Criteria**

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### **To be able to:**

- Throw a variety of small athletic pieces of equipment for distance**
- Understand how to transfer their body weight from back to front to generate more power when throwing**
- Complete the Edstart Champions javelin, discus and wall squat**

**Recap: To develop throwing small pieces of athletic equipment for distance**

**Lesson 4/6**

# **To develop jumping for distance using a set footwork pattern**

## **Success Criteria**

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### **To be able to:**

- Understand the basics of jumping and landing**
- Use their upper body to gain distance on the jump**
- Jump for distance when using a two footed jump approach**
- Complete the Edstart Champions long jump, triple jump and high jump**

**Recap: To develop jumping for distance using a set footwork pattern**

**Lesson 5/6**

# **To develop running for distance**

## **Success Criteria**

### **To be able to:**

- **Understand that when running for distance they must pace themselves in order to complete the distance set**
- **Give a last push to the finish line in the closing stages**
- **Complete the Edstart Champions 400m long distance**

**Recap: To develop running for distance**

**Lesson 6/6**

# **To perform in a Mini Sports Day using event and techniques shown**

## **Success Criteria**

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### **To be able to:**

- Perform in a variety of events against other pupils**
- Know what each event entails**
- Complete the all Edstart Champions events**