

Recap: What do we know about Athletics?

Lesson 1/6

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

Success Criteria

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

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

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

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

To be able to:

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