

Recap: What do we know about Athletics?

Lesson 1/6

To introduce 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 100m sprint, 20m agility test and speed bounce**

Recap: To introduce speed, agility and quickness drills

Lesson 2/6

To introduce sprinting 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 200m sprint and sit and reach test**

Recap: To introduce sprinting from a starting position

Lesson 3/6

**To introduce
the throwing
of 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 introduce the throwing of small pieces of athletic equipment for distance

Lesson 4/6

To introduce the technique of 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 introduce the technique of jumping for distance using a set footwork pattern

Lesson 5/6

To introduce the ability of 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 introduce the ability of 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**