

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

**Lesson 1/6**

# **To introduce** **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 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**

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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 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**

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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 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**

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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 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**

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**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**

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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**