

Recap: What do we know about Athletics?

Lesson 1/6

To develop speed, agility and quickness drills

EDSTART KNOW

- I can explain what agility means.
- I can describe why footwork is important in running.
- I can understand how reaction time affects performance.

EDSTART GO

- I can change direction quickly in games and drills.
- I can perform agility ladder, hurdle, and shuttle drills.
- I can complete the 20m agility sprint and speed bounce.

EDSTART SHOW

- I can respect my partner when taking turns.
- I can encourage others during SAQ challenges.
- I can celebrate team improvements fairly.

Recap: To develop speed, agility and quickness drills

Lesson 2/6

To develop the sprint technique from a starting position

EDSTART KNOW

- I can explain how to start a sprint correctly.
- I can describe the importance of arm drive.
- I can understand why I must run through the finish line.

EDSTART GO

- I can sprint using correct technique.
- I can chase and be chased in sprint races.
- I can complete 100m and 200m sprints.

EDSTART SHOW

- I can respect others by running safely.
- I can encourage my partner in races.
- I can share success fairly at the finish line.

Recap: To develop the sprint technique from a starting position

Lesson 3/6

To develop throwing small pieces of athletic equipment for distance

EDSTART KNOW

- I can explain how to stand side-on when throwing.
- I can describe how to grip and release the equipment.
- I can understand how to use my body for power.

EDSTART GO

- I can throw a javelin or discus with control.
- I can transfer weight from back to front when throwing.
- I can record and improve my distances.

EDSTART SHOW

- I can respect the safety rules of throwing.
- I can encourage my partner in challenges.
- I can celebrate my partner's success as well as my own.
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Recap: To develop throwing small pieces of athletic equipment for distance

Lesson 4/6

To develop jumping for distance using a set footwork pattern

EDSTART KNOW

- I can explain the different phases of jumping.
- I can describe how to use my arms and legs for height/distance.
- I can understand how to land safely.

EDSTART GO

- I can perform long, triple, and high jumps.
- I can swing my arms and push with my legs.
- I can record and improve my jump distances.

EDSTART SHOW

- I can respect rules for safety during jumping.
- I can encourage my partner when they attempt jumps.
- I can support my team during circuits.

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

Lesson 5/6

To develop running for distance

EDSTART KNOW

- I can explain why pacing is important in distance running.
- I can describe how stamina helps me run for longer.
- I can understand that I can't sprint the whole way.

EDSTART GO

- I can run steadily for 400m or more.
- I can practise pacing myself in shuttle and square runs.
- I can improve my stamina across lessons.

EDSTART SHOW

- I can respect others by running safely in my lane.
- I can encourage teammates to keep going.
- I can celebrate effort and perseverance.

Recap: To develop running for distance

Lesson 6/6

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

EDSTART KNOW

- I can explain the rules of different athletics events.
- I can describe how to measure and record results.
- I can understand how to use feedback to improve.

EDSTART GO

- I can take part in multiple athletics events.
- I can perform to the best of my ability across disciplines.
- I can record and evaluate my partner's performance.

EDSTART SHOW

- I can respect referees, partners, and opponents.
- I can encourage my team throughout Sports Day.
- I can show fairness whether I win or lose.