

Topic:	Athletic Activities
Sub-Topic:	Athletics
Overview:	<p>This practical unit is designed to develop the understanding of the different athletic events, namely running, throwing and jumping. Running events will include sprints and middle distance. Throwing of the discus, javelin and shot putt are taught with clear messages around safety. Jumping events include the Long Jump and High Jump. Students will explore the range of techniques with a view to improving their performances. Records of time, height and distance will be used to indicate standards in relation to qualification for the House Athletics Championships, Borders and Scottish Schools Championships.</p>
Content:	<p>Sprinting Events: 100, 200, 400 metres</p> <ul style="list-style-type: none"> • Running action- knee lift, leg drive, foot strike, head & shoulder positioning and arm action • Cadence- leg speed • Stride length- Over striding • Lane running- rules • Bend running- lane position and body lean • Pacing- for different sprint distances • Starting procedure- False starts and rules • Starting technique- Hand position, body weight, leg drive and body positioning. • Starting acceleration- Leg drive and stride • Finish technique- dip, timing and arm action <p>Middle Distance: 800 and 1500 metres</p> <ul style="list-style-type: none"> • Pacing • Sprint finishes and attacks <p>Relay Running: 4x100 metres</p> <ul style="list-style-type: none"> • Baton changeovers- Grip, up/down sweep action, left to right or right to left • Changeover boxes- Rules, positioning, timing and checkmarks • Communication- Changeover calls <p>Throwing Events: Javelin, Discus and Shot Putt.</p> <ul style="list-style-type: none"> • Safety consideration- Throw lines, throw instructions, carrying, exchanging and storing equipment. • Grips • Stance • Preparations to throw- Glide, step by step, crossovers • Release points and angles • Concept of body rotations- hip, torso, shoulder (slingshot) • Weight transfer • Throwing techniques: Glide • No throws- Rules • Measurements and weights

	<p>Jumping Events: Long Jump and High Jump</p> <ul style="list-style-type: none">• Run ups - Measurements, length, speed, curve (HJ)• Take-off- one foot, arm action, leg drive, hip drive, height and angle.• Flight Phase- hang time, body position• Landings- leg drive, forward momentum, landing position• No jumps and fouls.• Jumping action: Scissor kick and Fosbury flop <p>Students will learn how athletic results are measured.</p> <ul style="list-style-type: none">• Height• Distance• Time
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Athletics

Level 3

Significant Aspects of Learning

