



Year 9 Indoor Athletics Learning Journey



Equipment needed

- Turn boards
- Javelin
- Shot put
- Speed Bounce
- Measuring Tape

Reminders

- We will be inside for these lessons.
- You may do these sports in a different order to what is shown below

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Sprinting and relays Effective sprinting technique and baton changeover
<u>Lesson 2</u>	Agility training Look at changing direction quickly
<u>Lesson 3</u>	Endurance running Effective endurance technique
<u>Lesson 4</u>	Jumping Technique Long jump, speed bounce and vertical jump.
<u>Lesson 5</u>	Throwing technique Javelin and Shot put
<u>Lesson 6</u>	Circuit session Apply all skills learnt to a circuit.

Keywords

Techniques

Relay

Endurance

Effective