



Year 8 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>	Baseline Assessment
<u>Lesson 2</u>	Speed Running Techniques Sprinting technique including turn boards.
<u>Lesson 3</u>	Relays Baton change over.
<u>Lesson 4</u>	Endurance running Longer distance running technique and pacing.
<u>Lesson 5</u>	Dynamic throwing technique Javelin and Shot Put
<u>Lesson 6</u>	Dynamic Jumping technique Long jump, vertical jump and speed bounce
<u>Lesson 7</u>	Circuit session Apply all skills learnt to a circuit.
<u>Lesson 8</u>	Assessment

Keywords

Techniques

Relay

Endurance

Dynamic