



# Year 7 Athletics Learning Journey



## Equipment needed

- Shot puts, Javelin, Discuss
- Blocks, batons
- Cones, stopwatch, measuring tape

## Reminders

- We will be outside, and it may be sunny – bring suncream and a cap.
- These will not be taught in the below order.

| <u>Lesson</u>  | <u>Topic</u>  |
|----------------|---|
| <u>Topic 1</u> | <b>Triple Jump</b><br><br>Focus on the three phases of the triple jump. |
| <u>Topic 2</u> | <b>Long Jump</b><br><br>Focus on getting more power in the jump.        |
| <u>Topic 3</u> | <b>Sprint technique</b><br><br>How to accelerate effectively.           |
| <u>Topic 4</u> | <b>Relay</b><br><br>Focus on how to have a smooth changeover.           |
| <u>Topic 5</u> | <b>Javelin</b><br><br>Correct technique and release angle               |
| <u>Topic 6</u> | <b>Discuss</b><br><br>Hands and finger position on the discuss.         |
| <u>Topic 7</u> | <b>Shot Put</b><br><br>Focus on the correct release technique.          |

## Keywords

Accelerate

Changeover

Release

