# Foxford Learning Plan

YEAR 7

Topic: Athletics

Summer 1

## Key Vocabulary

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| Trajectory | The path followed by a projectile flying or an object moving under the action of given forces. |
| Stride | A long, decisive step |
| Pace | Move or develop (something) at a particular rate or speed. |
| Accuracy | The quality or state of being correct or precise |
| Co-ordination | Being able to move, use two or more body parts at the same time. |
| Distance | The length of the space between two points |
| Push | Exert force on (someone or something) in order to move them away from oneself |
| Pull | Exert force on (someone or something) so as to cause movement towards oneself |
| Rotation | The action of rotating about an axis or centre |

## Key Skills

Over the course of the topic, I will be able to: -

- Throwing events (stationary) such as Discus, Javelin and Shot Putt
- Track events such as 100m, 200m, 400m, 800m and 400m Relay
- Jumping events such as High Jump, Long Jump




## I will Understand

1. The correct techniques
2. How to improve my techniques through teacher feedback and peer assessment
3. The difference between the different types of throws.
4. The difference between short distance and long distance

