Foxford Learning Plan

YEAR 8

Topic: Athletics

Summer 1

Key Vocabulary

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 (with limited movement) such as Discus, Javelin and Shot Putt
- Track events such as 100m, 200m, 400m, 800m, 1500m 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. Push, pull rotate.
4. The difference between short distance and long distance, how to control pace.

