

Physical Education → Athletics KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
<p>Sprinting – 100m, 200m, 300/400m</p> <p>Jumping – long, triple and high</p> <p>Middle distance running – 800m, 1500m</p> <p>Throwing – discus, javelin and shot put</p>	<p>Speed</p> <p>Agility</p> <p>Co-ordination</p> <p>Power</p> <p>Cardiovascular fitness</p> <p>Muscular endurance</p> <p>Reaction time</p> <p>Strength</p> <p>Flexibility</p> <p>Balance</p>	<p>Core skills</p> <p>Advanced skills</p> <p>Basic rules</p> <p>Basic regulations</p> <p>Tactics</p> <p>Warming up and cooling down</p> <p>Major muscle groups</p> <p>Heart rate and exercise intensity</p> <p>Outwitting opponents</p> <p>Analysis of performance</p>	<p>Awareness of the rules and regulations of the event and their application (including officials commands/signals)</p>
Teaching Focus		Literacy	
<p><u>Year 7</u></p> <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within a competitive environment in order to develop confidence whilst under pressure • Understanding of basic rules and regulations specific to each event • Analysis of own performance against practical criteria 		<p>Rules</p> <p>Regulations</p> <p>Tactics</p> <p>Analysis</p> <p>Track</p> <p>Field</p> <p>Starting</p> <p>Finishing</p> <p>Posture</p> <p>Leg action</p> <p>Arm action</p>	

Year 8

- Repetition of **core and some advanced skills** through **isolated drills** in order to develop **precision, control and fluency**
- Application of **core and some advanced skills** within a **competitive environment** in order to develop **confidence** whilst **under pressure**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules and regulations** specific to each event
- **Analysis of own performance and the performance of others** against practical criteria

Year 9

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control and fluency**
- Application of **advanced skills** within a **competitive environment** in order to develop **confidence** whilst **under pressure**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules and regulations** specific to each event
- **Analysis of own performance and the performance of others** against practical criteria

KS4:

Head carriage

Stride

Bend running

Approach

Flight

Take off

Landing

Synchronisation

Stance

Release phase

Recovery phase

Follow through

Heart rate

Intensity

Blood flow

Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.

Outwitting opponents

Accuracy

- Applying and practicing with **increased focus on full technique** to be able to participate effectively and confidently.

'Whole part whole' approach might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.uka.org.uk

www.englandathletics.org

www.britishathletics.org

[GCSE PE OCR NEA Grading Criteria - Athletics](#)

School Club Links

Southport Waterloo Athletics Club

Formby Harriers

Sefton Harriers