



PE learning journey

Athletics – YEAR 10

Half term 5

| Core knowledge | Reference number |
|---|------------------|
| Recap on core knowledge from Y9. | |
| Know the different pacing needed for a middle-distance race and long distance events (800 m and 1500m). | Coaching card 3 |
| Know the advanced throwing techniques for shot put, javelin and discus. | Coaching card 4 |
| Know the advanced jumping techniques for long jump (hitch kick and hang technique). | Coaching card 7 |

Learning Checkpoints

| Athletics assessment | |
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| Knowing and performing techniques needed for the event in practice and competitive situations. | Self and peer assessment, video analysis, teacher feedback |

| Key Vocabulary | |
|--|--|
| Hang technique Hitch kick technique Pacing | Leg drive/arm drive Pacing Stride length |