



PE learning journey

Athletics – YEAR 7

Half term 5

Core knowledge	Reference number
Recap on knowledge from Y6 athletics.	
Know how to sprint with the correct technique.	Coaching card 1 and 2
Know how to pace yourself for running longer distances with the correct technique.	Coaching card 3
Know the correct technique for throwing a plastic Javelin.	Coaching card 4
Know the correct technique for throwing a plastic Discus.	Coaching card 5
Know the correct technique for throwing a Shot Put.	Coaching card 6
Know the correct technique for the Long Jump.	Coaching card 7
Know the basic technique for relay changeovers.	Coaching card 9

Learning Checkpoints

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

Key Vocabulary	
Sprint Pace Javelin	Shot put Discus Relay