



## PE learning journey

### Athletics – YEAR 8

Half term 5

Core knowledge	Reference number
Recap on knowledge from Y7 athletics (sprint, javelin, shot put, discus, relay, and long jump).	
Know how to use a stopwatch to time other athletes.	
Know the correct technique for throwing a Javelin and rules.	Coaching card 4
Know the correct technique for throwing a Discus and rules	Coaching card 5
Know the correct technique for throwing a Shot Put and rules.	Coaching card 6
Know the correct technique for the Long Jump and rules.	Coaching card 7
Know the rules relating to 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	
Speed Measure	Angle of release Stopwatch