



PE learning journey

Athletics – YEAR 9

Half term 5

Core knowledge	Reference number
Recap on knowledge from year 8 athletics.	
Know the different stages for a sprint start and the different phases when running a sprint race and rules.	Coaching card 1 and 2
Know the different pacing needed for a middle-distance race and rules.	Coaching card 3
Know how to measure throws for shot put, javelin, and discuss.	
Know how to measure the long jump.	
Know all the phases and correct technique for the Triple Jump and rules.	Coaching card 8
Know the tactics and strategies linked to the relay.	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	
Triple jump Take-off Drive phase	Acceleration Dip