

Ravens Wood School

KS3 Curriculum Plan



Subject: Athletics - Year 7

Overarching Topic: Learning and developing basic skills.			
Why is this topic being studied at this time?	Athletics is one of our core summer sports at RWS. Students will have the opportunity to try and range of activities from the track and field and potentially compete for the school in district, county and national level competitions.		
How does it fit into the wider subject curriculum?	Athletics is important in developing basic and advanced movement patterns to aid coordination and task persistence. Athletics provides endless opportunities for pupils to develop their leadership skills, learn new tactics, skills and techniques and displaying the Ravens Wood values.		
	Essential	Core	Ambitious
The Big Questions (What skills will the students be able to display after completing this sport)	<ul style="list-style-type: none"> How do I run with the correct technique? How do I jump safely and effectively? How do I throw an object correctly? 	<ul style="list-style-type: none"> How do I vary my speed when running? How do I improve my jumping technique for distance/height? How do I throw with greater control and distance? 	<ul style="list-style-type: none"> How do I apply pacing strategies in longer races? How do I refine my jumping technique to maximise performance? How do I select the best technique for different athletic events?
The Key Skills/ Techniques	The sophistication and application of skills will become more advanced as students' progress through the Essential, Core and Ambitious knowledge.		
	Skill/Technique	How will this skill be developed?	
	Throwing	Students will learn through isolated drills and conditioned practices focusing on the basics of throwing shot putt, discus and javelin. Students will explore the different types of throws and complete them safely and employ these techniques in their performance.	

	Jumping	Students will learn through isolated drills and conditioned practices focusing on the basics of long jump and high jump. Students will explore the different jumps and the correct way to complete them safely and employ these techniques in their performance.
	Running	Students will learn through isolated drills and conditioned practices focusing on the basics of running, sprinting and hurdling. Students will explore running, hurdling and the correct way to complete runs of different distances and how to employ these techniques in their performance.