

Ravens Wood School

KS3 Curriculum Plan



Subject: Athletics - Year 8

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 perform running, jumping and throwing techniques with control? How do I maintain balance and coordination during events? How can I replicate correct technique consistently? 	<ul style="list-style-type: none"> How do I adapt my technique for different events (e.g. sprint vs distance)? How do I improve efficiency and consistency in my performance? How do I apply power and accuracy in jumps and throws? 	<ul style="list-style-type: none"> How do I optimise performance through technique refinement? How do I apply race strategies and event tactics effectively? How do I analyse and improve my own and others' performances?
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 continue to 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, Refine grip, stance and body coordination, using power and rotation to improve both accuracy and distance.	

	Jumping	<p>Students will continue to learn through isolated drills and conditioned practices focusing on the basics of long jump and high jump.</p> <p>Students will improve the different jumps, improve run-up, take-off and landing, applying better timing, balance and technique to increase height and distance.</p>
	Running	<p>Students will continue to learn through isolated drills and conditioned practices focusing on the basics of running, sprinting and hurdling.</p> <p>Students will develop consistent technique across sprint, middle and long-distance events, with a focus on pacing, efficiency and adapting speed to different races.</p>