

# Ravens Wood School

## KS3 Curriculum Plan



### Subject: Athletics - Year 9

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
<b>The Big Questions</b> (What skills will the students be able to display after completing this sport)	<ul style="list-style-type: none"> <li>How do I perform athletic techniques with control under pressure?</li> <li>How do I demonstrate consistency across events?</li> <li>How do I follow basic strategies in competition?</li> </ul>	<ul style="list-style-type: none"> <li>How do I refine technique to improve performance outcomes?</li> <li>How do I apply effective pacing and decision-making in events?</li> <li>How do I evaluate my performance and identify areas to improve?</li> </ul>	<ul style="list-style-type: none"> <li>How do I optimise performance using advanced techniques and strategies?</li> <li>How do I analyse performance in line with GCSE assessment criteria?</li> <li>How do I independently plan and implement improvements?</li> </ul>
<b>The Key Skills/ Techniques</b>	<b>The sophistication and application of skills will become more advanced as students' progress through the Essential, Core and Ambitious knowledge.</b>		
	<b>Skill/Technique</b>	<b>How will this skill be developed?</b>	
	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 optimise power, coordination and release mechanics, using advanced techniques to improve distance and accuracy while analysing and adjusting performance independently	

	Jumping	Students will continue to learn through isolated drills and conditioned practices focusing on the basics of long jump and high jump. Students will Develop efficient approach, take-off and flight mechanics, applying advanced techniques to maximise performance and critically evaluate each phase.
	Running	Students will continue to learn through isolated drills and conditioned practices focusing on the basics of running, sprinting and hurdling. Students will refine technique across all distances with a focus on advanced pacing, race tactics and performance under pressure, alongside the ability to analyse and adapt strategies.