



# Physical Education

**Year 8** (Track events without stopping/recognisable technique in field attempts.)

ACTIVITY: ATHLETICS

LESSON WB	PERFORMANCE	Knowledge, skills and understanding	CITIZENSHIP	HEALTH
1 13/4/09	100m Technique drills Personal challenge from Year 7 performance/Ability group competition/Qualifying Standards	Speed, force	<i>Competition</i>	<i>Personal Hygiene</i>
2 20/4/09	400m Pacing runs Personal challenge from Year 7 performance/Ability group competition/Qualifying Standards	Pacing	<i>Self-discipline</i>	<i>Hydration</i>
3 27/4/09	800m Pacing runs Personal challenge from Year 7 performance/Ability group competition/Qualifying Standards	Pacing	<i>Self-confidence Perseverance</i>	<i>Diet for energy</i>
4 4/5/09	70m Hurdles Technique drills Personal challenge from Year 7 performance/Ability group competition/Qualifying Standards	Rhythm		
5 11/5/09	High Jump Technique drills Personal challenge from Year 7 performance/Ability group competition/Qualifying Standards	Gradual Build Up Body Awareness	<i>Peer – observation Safe practice</i>	
6 18/5/09	Shot Putt - health & safety Technique drills Personal challenge from Year 7 performance/Ability group competition/Qualifying Standards	Gradual Build Up Power	<i>Safe practice</i>	
7 25/5/09	4 x 100m Relay Changeover technique Class competition	Teamwork	<i>Co-operation</i>	<i>Self confidence gained from all events</i>

