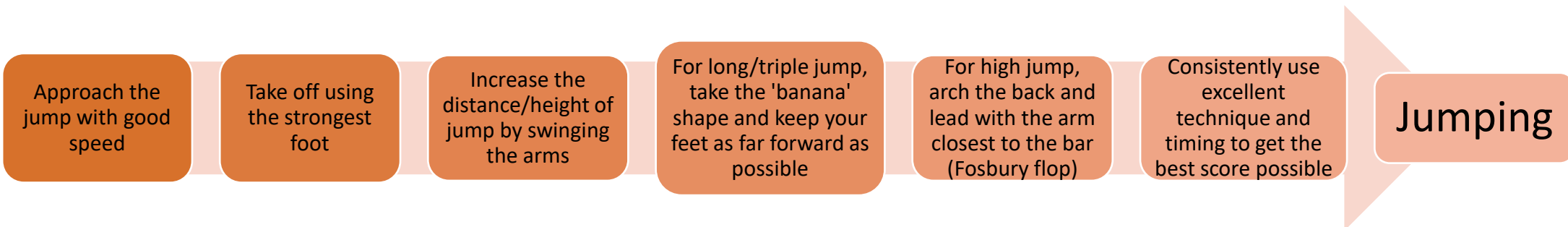
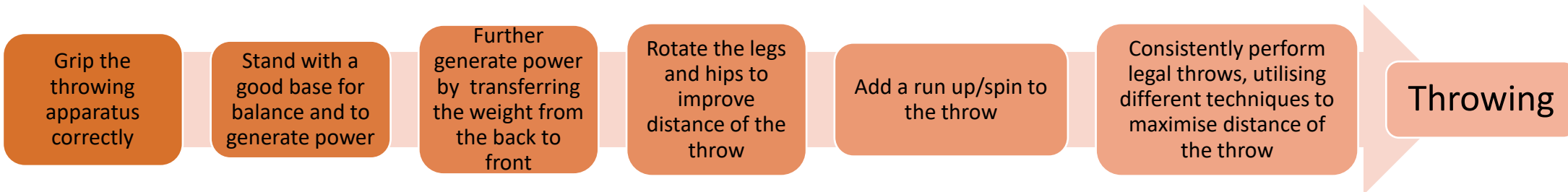
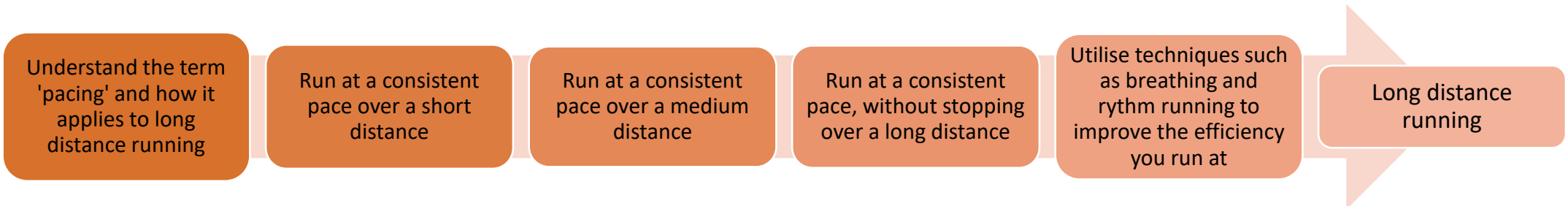
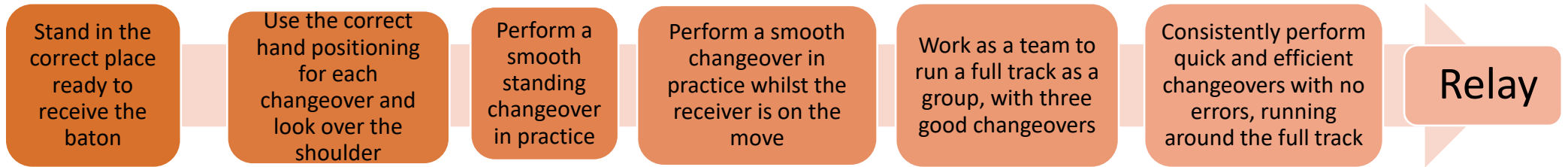
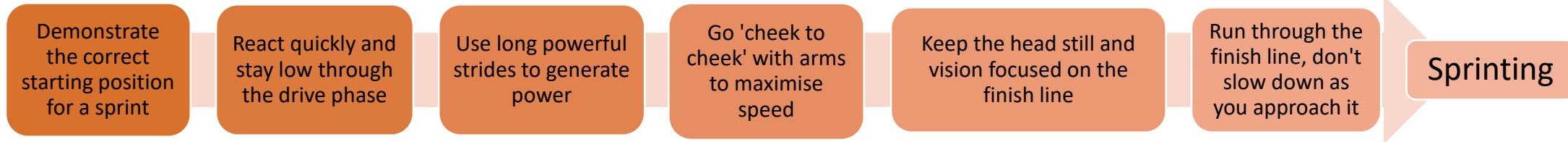


Athletics

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).



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<p><u>Sprinting</u></p> <p>How do we get into a sprint start? Why is reaction time important? Why do we stay low at the start of the race? How do we use our arms to increase our speed? How can we drive our legs to increase our speed? Where should we look when running? Why do we keep our head as still as possible? Why do we not slow down when approaching the finish line?</p>	<p><u>Relay</u></p> <p>What is the thing we pass to our teammate called? What are the two changeovers? How do we perform each? What shoulder do we look over when waiting to receive the baton? Why should we start jogging when our teammate gets close to us? How can we effectively communicate when exchanging the baton?</p>	<p><u>Long distance running</u></p> <p>What does the term pacing mean? Why can we not run as fast as possible over a long distance? How can we use breathing techniques to maximise efficiency? Why is it important we don't go too quick at the start? How does having a strong, healthy heart benefit a long-distance runner? Why is it important to get into a rhythm when running?</p>	<p><u>Shot put</u></p> <p>Why do we push/put and not throw the ball? How do we stand when releasing the ball? How can we transfer weight from the back to front? What does 'toe-knee-chin' mean? What does 'clean palm, dirty fingers' mean? How can we use rotation to increase the distance we put the ball? How do we perform the glide and release? How do we safely execute a spin before releasing?</p>
<p><u>Javelin</u></p> <p>How do we grip the javelin? How do we stand/which direction do we face? What angle do we release the javelin at? What does our non-throwing arm do? How can we transfer weight from our back to front? Which end of the javelin must hit the ground first?</p>	<p><u>Discus</u></p> <p>How do we hold the discus? What do we do with our index finger when we release the discus? What angle should we release the discus at? How should the discus travel through the air and how does aerodynamics effect this? How can we generate more power to increase the distance we throw the discus? How do we safely execute a spin before releasing?</p>	<p><u>Jumping</u></p> <p>High Jump How do we approach the bar? What pathway do we take? How does building speed help with take-off? What is the Fosbury flop? Which foot do we take off from when approaching from the left/right? What can we do with our body shape to avoid hitting the bar? What part of the body do we land on the mat with?</p> <p>Long Jump Why is building up speed important? How many feet do we take off with? How can we use our arms and legs to increase the distance? Where do we look? What is the 'banana' shape? Why do we land with bent knees?</p> <p>Triple jump Why is building up speed important? What are the three stages to the triple jump? How can we use our arms/legs to increase the distance we jump? How do we land?</p>	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Toe Knee Chin - 45 degrees - Clean palm dirty fingers - Transferring the weight - Take off - Fosbury flop - Banana shape - Aerodynamic - Cheek to cheek - Relay Baton - Pacing - Momentum - Power