

St Ninian's High School
S1 Athletics Course Timeline

Lesson	Lesson Intention	HWB	Capacity focus	Numeracy	Literacy	ICT	Citizenship	Benchmarks	
1	<p><u>100m Event</u></p> <p>Discuss importance of speed to this event. Introduce technique and importance of speed, balls of feet, high knees, arms pumping, shoulders square.</p> <p>Staggered starts- catch up with partner by set marker.</p>	I can analyse and discuss elements of my own and others work, recognising strengths of group members and identifying where improvements can be made (HWB 3-24a)	Confident individuals - developing confidence within the skill	Recall scores from appropriate fitness test and compare score to national averages.	Discussing sprinting technique Feedback from scores and teacher.	Use of stopwatches and picture criteria sheets for correct technique.	<p>Recall correct procedures for setting up fitness test.</p> <p>Working with partner to improve their performance.</p>	<p><u>Determination and Resilience</u></p> <p>Initiates and adopts coping strategies in response to the outcomes of competition, for example self-talk</p> <p>Understands and demonstrates the positive link between effort, perseverance, and personal achievement.</p> <p>Recognises the variety of emotions that are associated with performing and the impact they have on behaviour and performance.</p>	<p><u>I Can...</u></p> <p>>Push myself to achieve targets/goals.</p> <p>>Set myself achievable targets/goals.</p> <p>>persevere and continue to try my best even when I find tasks difficult.</p>
2	<p><u>100m Event</u></p> <p>Recap technique and focus on speed.</p> <p>Time and record scores for 100m sprint event.</p>	I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness (HWB 3-22a)	Effective contributors - listening and following procedures	Time race and record scores correctly using correct units of measurement. Pupils will use the correct unit of	Discuss with peers what they can do to improve on their technique.	Use of video clips to observe athletes techniques	<p>Opportunity to assist in recording scores for their classmates and timing classmates races.</p>	<p><u>Stamina</u></p> <p>Takes responsibility for sustaining moderate to vigorous physical activity that provides challenge.</p> <p>Measures heart rate, pays attention to breathing rate and ability to talk in order to monitor body's reaction to physical activity.</p> <p>Demonstrates and explains why some cultural and social factors influence participation in</p>	<p>>measure my heart rate to find my training zone.</p> <p>>Sustain a quick and steady pace when running middle/long distances.</p>

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				time when providing peers with scores.				physical activity. Creates, implements and monitors personal goals for sustaining moderate to vigorous physical activity that leads to improvement. Demonstrates stamina in physical activity to support successful performance.	
3	<u>200m Event</u> Discuss importance of speed to this event. Introduce technique and importance of speed, balls of feet, high knees, arms pumping, shoulders square. Time event, try to increase speed over 200m distance.	I can analyse and discuss elements of my own and others work, recognising strengths of group members and identifying where improvements can be made (HWB 3-24a)	Confident individuals - developing confidence within the skill	Time partners race and record scores correctly using correct units of measurement.	Share information related to speed and peers performance.	Use of peer assessment sheets for running technique.	Contributing to others in class development by providing feedback on performance.	<u>Sequential Thinking</u> Plans, performs and reviews a series of actions to address movement challenges e.g. triple jump.	>understand and perform the techniques of the high jump.
4	<u>200m Event</u> Recap technique and focus on speed. Time and record	I practise, consolidate and refine my skills to improve my performance	Effective contributors - contribute to class discussion	Recall times from previous lesson and attempt to get a	Clarify points related to technique by asking	Flip cams to record running technique.	Opportunity to use equipment that will assist in others	<u>Coordination and Fluency</u> Performs a fluent sequence of movements with confidence.	>understand and perform the techniques of the high jump.

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	scores for 200m sprint event.	. I am developing and sustaining my levels of fitness (HWB 3-22a)	ns	better score. Calculate improvements.	questions .		learning.	Demonstrates efficient movement that leads to successful outcomes. Evaluates the key elements of movement that leads to a quality performance.	
5	<u>400 m Event</u> Introduce technique of effective running. Focus on appropriate speed and pacing.	I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities (HWB 3-25a)	Effective contributors - contribute to class discussions	Measure distance covered in timescale and estimate distance that can be covered in 800m race.	Discussing middle distance running technique	N/A	Opportunity to help others throughout by contributing to class discussions.		
6	<u>400m Event</u> Recap pacing and procedures for event. Time pupils and record scores.	I practise, consolidate and refine my skills to improve my performance . I am developing and	Confident individuals - develop individual performance	Attempting to beat personal best from previous lesson. Comparing scores.	Communicate clearly and confidently when providing peers with	N/A	Opportunity to assist in recording scores for their classmates and timing classmates races.		

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		sustaining my levels of fitness (HWB 3-22a)			feedback and scores.				
7	<u>800m Event</u> Introduce technique- gather and maintain own pace, relaxed running action, steady breathing, energy for faster finish, awareness of others. Pacing practice- fast walk, slow jog, pick up faster pace and faster. Complete reps to build endurance.	Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)	Confident individuals - developing confidence within the skill	Understand the link between time, speed and distance travelled.	Ask questions related to technique and procedures for event.	Use of video clips to observe running style and pace of 800m athletes.	Chance to provide others with motivation and encourage all to do their best.		
8	<u>800m Event</u> Recap technique and procedures. Time event and record scores.	I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic	Effective contributors - contribute to class discussions	Understand the link between time, speed and distance travelled. Pupils will use correct	Ask questions related to technique and procedures for event.	N/A	Opportunity to assist in recording scores for their classmates and timing classmates races.		

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		physical activities (HWB 3-25a)		unit of time when providing others with scores.					
9	<u>Relay Event</u> Introduce technique of baton change: R-L-R-L . Downward swing into open hand, pass and collect on the move . Stay in own lane. Chain passing-jogging around track in 4's pass 4 staggered over a short distance, keeping in correct lane, pass baton-slow jog at first then gradually getting faster. Q . Who should run which leg?	Analyse and evaluate personal performance and peer performance (HWB 3-24a) Understand and undertake a variety of roles and responsibilities (HWB 3-23a)	Confident individuals - developing confidence within the skill Effective contributors - working together as part of a team	Measuring distance. Comparing scores. Personal bests.	Be able to communicate clearly and effectively in a team.	Use of flip cams to observe groups baton change technique.	Working as part of a team. Recognising others strengths and areas for development and using that to get the best from the team.		
10	<u>Relay Event</u> Recap technique and procedures of event.	Understand how to work effectively with a partner or a	Successful learners - demonstr	Attempt to beat personal bests using stopwatch	Be able to communicate clearly	N/A	Working in groups to evaluate and give feedback to develop		

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	Time event and record scores.	group (HWB 3-23a)	ate improvements to performance	es. Carry out calculations when comparing scores	and effectively in a team.		and support learning.		
11	<u>Long Jump</u> Introduce technique: Run up, take off, weight transfer, shape in air, landing. Q How can you jump further? What can you do with your arms ? How should you land ?	I practise, consolidate and refine my skills to improve my performance . I am developing and sustaining my levels of fitness (HWB 3-22a)	Confident individual s - appreciate individual efforts and improvements	Understanding measuring length jumped and units related to this.	Discuss scissor kick and fosbury flop technique . Share experiences and difficulties of the technique .	Peer assessment cards with success criteria.	Working in pairs or groups to evaluate and give feedback to develop and support learning.		
12	<u>Long Jump</u> Recap technique and procedures for event. Measure jumps and record scores.	Understand and undertake a variety of roles and responsibilities (HWB 3-23a)	Confident individual s - appreciate individual efforts and improvements	Pupils recording scores. Attempting to beat personal bests and comparing results.	Pupils contribute to group discussions.	N/A	Opportunity to take responsibility of raking, measuring and checking for legal take off.		
13	<u>High Jump</u> Introduce technique:	I practise, consolidate and refine	Confident individual s -	Understanding measuring	Spell new words related	Use of flip cams to	Opportunity to take responsibility		

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	<p>Take off foot, weight transfer, use of arms, legs and body to gain height.</p> <p>Scissor kick-fosbury flop (Gradual build up). Curved run up, outside foot take off</p>	<p>my skills to improve my performance . I am developing and sustaining my levels of fitness (HWB 3-22a</p>	<p>develop individual performance</p>	<p>length jumped and units related to this.</p>	<p>to activity.</p>	<p>video performance and adjust technique.</p>	<p>for adjusting elastic bar/ real bar and safety mat adjustment.</p>		
14	<p><u>High Jump</u></p> <p>Recap technique and procedures for event.</p> <p>Measure jumps and record scores.</p>	<p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>Effective contributors - contribute to class discussions</p>	<p>Pupils recording scores. Attempting to beat personal bests and comparing results.</p>	<p>Communicate clearly with peers when providing feedback</p>	<p>Use of flip cams to video performance and adjust technique.</p>	<p>Working to record scores for others in group.</p>		
15	<p><u>Shot Putt</u></p> <p>Safety procedures- direction of throw, collection of throw, handling of shot.</p> <p>Introduce technique: The push action-</p>	<p>I practise, consolidate and refine my skills to improve my performance . I am developing and sustaining my levels of</p>	<p>Effective contributors - listening and following safety procedures</p>	<p>Understanding measuring length thrown. Provide peers with correct measurement using correct</p>	<p>Communicate in front of the class when asked questions by teacher.</p>	<p>Use of flip cams to video performance and adjust technique</p>	<p>Using equipment safely and taking responsibility for own and others safety.</p>		

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	<p>weight transfer-release point.</p> <p>Use of tennis balls, cricket balls to get correct action.</p> <p>Throw from behind the line. Standing throw-shuffle step. And focus on neck rule.</p>	<p>fitness (HWB 3-22a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>		units.					
16	<p><u>Shot Putt</u></p> <p>Recap technique, safety and event procedures.</p> <p>Perform, measure and record scores.</p>	<p>Apply skills with accuracy and control (HWB 3-21a)</p>	<p>Effective contributors - listening and following safety procedures</p>	<p>Pupils measure distance. Attempting to beat personal bests and comparing results.</p>	<p>Listen carefully to correct technique and safety procedures.</p>	N/A	<p>Using equipment safely and taking responsibility for own and others safety.</p>		