**Athletics**

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| **Significant Aspects of Learning**Confidence & Self-Esteem Motivation**How will you be assessed?**Self-reflectionPeer evaluationTeacher observationScores for all events will be recordedGold, Silver and Bronze National NormsComparison to the Benchmarks below | **Numeracy + H&W Outcomes****3-21a, 3-22a, 3-23a, 3-24a, 3-25a** **3-10a** 60/100m – Speed = Distance/TimeUsing simple time periods, I can work out how long a journey will take, the speed travelled at or distance covered, using my knowledge of the link between time, speed and distance.  **3-01a** - Rounding to one decimal places

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| I can round a number using an appropriate degree of accuracy, having taken into account the context of the problem. |

**What Practical Skills will you learn?**60m/100m/200m sprinting technique400m + 800m PacingLong distance runningLong, Triple and High jumpShot put, JavelinRelay RacesHurdles | **How will you learn in class?**Individual practice Cooperative practiceTeacher demonstrationPeer demonstration**How will teachers differentiate so all learners can achieve?**Set individual targetsBronze, Silver and Gold class awardsSimilar ability competitionWeight of Shot Putt/Discus usedHead starts in races/shorter distancesFoam bar for high jump at pupil selected heightTake off board distance for triple jump |
| **Second Level Benchmarks**Demonstrate self-reliance when set challenges in un-familiar environments, can self-assess and peer assess.Motivates self and others displaying positive effort Set goals based on what it means to perform well. Explain factors that influence participation in physical activity. |  **Third Level Benchmarks**Demonstrate self-reliance and self-worth by taking part in challenging tasks. Can use self and peer feedback to enhance performance.Self-motivated demonstrating positive effort in performance. Uses critical and creative skills to set goals to improve performance. Understands the role of encouraging others.  | **Fourth Level Benchmarks**Use feedback from many sources to enhance performance and bring out the ‘best’ in others. Can celebrate achievement as part of learning.Demonstrates self-direction and positive effort consistently. Justifies critical and creative skills to set goals to improve performance. Demonstrates perseverance, commitment, positive thinking and encouragement for themselves and others. |

In PE from S1 to S3, these are the key skills you will be learning…