**Athletics**

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| **Significant Aspects of Learning**  Confidence & Self-Esteem  Motivation  **How will you be assessed?**  Self-reflection  Peer evaluation  Teacher observation  Scores for all events will be recorded  Gold, Silver and Bronze National Norms  Comparison to the Benchmarks below | **Numeracy + H&W Outcomes**  **3-21a, 3-22a, 3-23a, 3-24a, 3-25a**  **3-10a** 60/100m – Speed = Distance/Time  Using 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   |  | | --- | | 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 technique  400m + 800m Pacing  Long distance running  Long, Triple and High jump  Shot put, Javelin  Relay Races  Hurdles | **How will you learn in class?**  Individual practice  Cooperative practice  Teacher demonstration  Peer demonstration  **How will teachers differentiate so all learners can achieve?**  Set individual targets  Bronze, Silver and Gold class awards  Similar ability competition  Weight of Shot Putt/Discus used  Head starts in races/shorter distances  Foam bar for high jump at pupil selected height  Take 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…